Teacher worksheet

Teacher: Giulia Di Stefano

Teaching period: Session 1 2026-27

Class/year: Locating

Subject: Ballet

AIM OF THE CLASS: We worked on the allignment of the lower body and the relation between pelvis and hips. Work of the stability of the standing leg and keep the hip in place when moving the legs out and in. We started to put emphasis on the mobility of the ribcage and how the arm and the core move as one unit.
IN WHICH POINTS DID THE CIASS DEVELOP / IMPROVE: The class has been improving a lot in the short time, i see them busy understanding how to put the technique in relation to their unique body and understanding their physical limitations. They understand the importance of putting the weight on the standing leg and the use of the supporting side to move organically in the space.