Teacher worksheet

Teacher: Giulia Di Stefano

Teaching period: Session 1 2026-27

Class/year: Grounding

Subject: Ballet

AIM OF THE CLASS:

In the first week the aim was to create a common ground of knowledge where the whole group could take information no matter their background. We focused on the placements of the pelvis and to find the disassociation between hip movement and pelvis movement.
We worked on turn out from the hip and specific exercises to improve it.

IN WHICH POINTS DID THE CLASS DEVELOP / IMPROVE:

Most of the students now understood how to work with their own turn out, not forcing the rotation from the knee or foot. There is more awareness of their hips placement at the barre and especially with the leg à la seconde. I can feel a sense of group forming and they start to ask questions when things are unclear to me or to each other.

Teacher worksheet

Teacher: Elena Fokina

Teaching period: Session 1 2026-27

Class/year: Grounding / 2026-27

Subject: Contemporary

AIM OF THE CLASS:

The technical class for the Grounding students was designed and structured to strengthen the body as a whole, provide physical preparation for the academic year ahead, and introduce new movement elements, combinations, and dynamics.
The class aimed to develop physical strength, coordination, mobility, control, and movement quality, while expanding the students' technical vocabulary and encouraging them to explore new physical possibilities. Particular attention was given to the integration of movement, musicality, dynamics, and the relationship between precision, fluidity, and physical expression.

IN WHICH POINTS DID THE ClASS DEVELOP / IMPROVE:

The group responded exceptionally well to the objectives of this first session. The material was received with enthusiasm and openness, and the students demonstrated a strong motivation and genuine curiosity to explore and learn new things. The overall process was very positive, resulting in a successful first session and a very satisfying outcome.

Teacher worksheet

Teacher: Elena Fokina

Teaching period: Session 1 2026-27

Class/year: Grounding / 2026-27

Subject: Intro to choreo

AIM OF THE CLASS:

The aim of the class was to give students the opportunity to create their own choreography and bring their ideas to life through performances by their fellow students. Together, the students developed a collective story, which served as the script and the connecting thread throughout the entire performance.
The group was divided into three subgroups, each responsible for creating one part of the overall production: the prologue, the climax, and the epilogue.
Each subgroup was challenged to create choreographic material in a variety of formations and configurations, including large ensemble pieces, duets, trios, and solos.
The musical material was selected by the students themselves. In addition, they collectively created an original soundscape, contributing to the dramaturgy, atmosphere, and overall sonic identity of the performance.
Throughout the process, students were encouraged to explore their own choreographic voices, develop creative and compositional skills, collaborate with one another, and experience the different perspectives of both choreographer and performer. The project provided an opportunity to engage with the entire creative process, from the initial development of an idea and its dramaturgical structure to the composition, staging, and final presentation of a collective performance.

IN WHICH POINTS DID THE CIASS DEVELOP / IMPROVE:

It is also important to highlight that this project marked the group's first experience of working together and getting to know one another as a class of 27 students. Despite this being their first collective creative experience, the students engaged with the process exceptionally well. They demonstrated great enthusiasm, motivation, curiosity, and commitment throughout the work, contributing actively with their own choreographic ideas and proposals. They approached all the challenges with openness and a strong sense of collaboration, successfully bringing the different elements together into a final performance presented to the Academy. The overall result was a very positive and rewarding experience, both creatively and collectively.