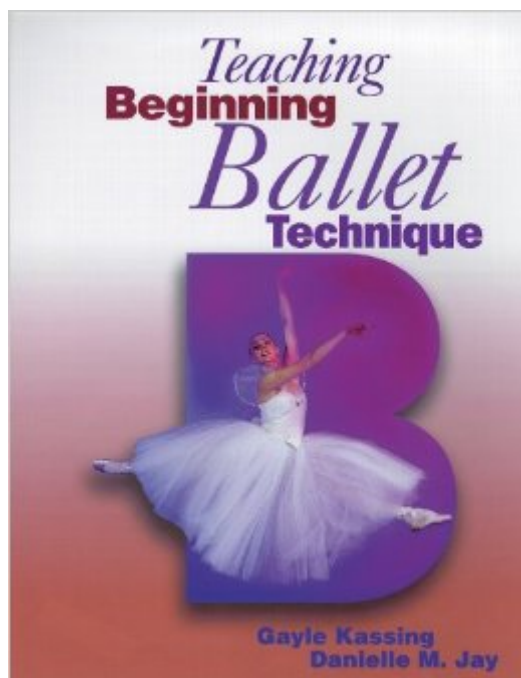


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# Teaching Beginning Ballet Technique



## Synopsis

" Teaching a beginning ballet class can be a challenge. Even dancers who have studied ballet for many years may be intimidated by the idea of teaching ballet technique. Teaching Beginning Ballet Technique puts new teachers at ease by explaining exactly what to teach and when and how to teach it. The authors couple ballet pedagogy with motor learning, teaching styles assessment, and instructional strategies to offer valuable insight and advice for teaching beginning ballet. With its inviting layout and easy-to-read format, Teaching Beginning Ballet Technique facilitates the learning process for both the instructor and the student. Part I gives instructors the tools they'll need to teach the content in Part II. It provides specific information about the teaching/learning process, understanding the theoretical foundations of ballet, constructing and managing the class, and assessing student progress. Part II presents a logical, sequential plan that guides instructors through the actual teaching of exercises, steps, principles, and progressions. The authors outline four instructional units, each representing three to four weeks of a high school or college term. Each unit includes objectives, teaching strategies, assessment tools, teacher responsibilities, and performance test content. In addition, each exercise and step is accompanied by a detailed description consisting of - a definition with pronunciation cues,- a verbal depiction,- arm positions,- standard introductory movements or preparation,- proper breathing or breath phrasing,- teaching cues and images,- an assessment checklist, and- much more. The book also contains 215 photos that illustrate proper beginning ballet technique. v

## Book Information

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## Customer Reviews

I volunteered to teach basic ballet for our camp at Burning Man, and then panicked when I realized that I was more or less completely unqualified for the job -- which is to say, I'm a dancer, and I dance reasonably well, and have often been asked to lead a warm-up or demonstrate things in class, but that doesn't necessarily translate to anything resembling teaching ability. More importantly, perhaps, I realized that as someone who began dancing as a very young child, I really had very little idea what it might be like approaching ballet from the perspective of a completely raw adult novice, and thus could probably use some insight into how to address the kinds of challenges faced by true adult beginners. This book, which is really geared towards teaching the adult novice, was a life-saver. Kassing has a good sense of what adult beginners bring to the table; she also makes excellent use of clear, well-composed photographic illustrations. A diverse group of male and female dancers are represented, as well, which was nice (as a guy who dances, it's particularly nice to see guys in the pictures). I feel like I shouldn't have to say that this book is not a substitute for a strong dance background, nor (if you're a novice looking for a way to learn on your own) is it a substitute for a real teacher -- but if you're a reasonably-experienced dancer and you find yourself in need of some pointers on how to run an organized class for a gaggle of random adult beginners, Kassing does a pretty good job setting you on the right track.

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