



Any Age

# Ballet Express

## (Quick) Lapbook

Mini Lapbook, Study Guides, Activities and Coloring Pages



A Journey Through Learning  
[www.ajourneythroughlearning.com](http://www.ajourneythroughlearning.com)

Authors-Paula Winget and Nancy Fileccia  
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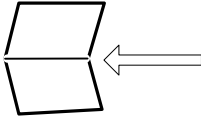
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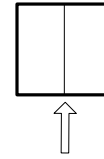
**SAMPLE PAGE**

## Things to Know

### Hamburger Fold-Fold horizontally



### Hotdog Fold-Fold vertically

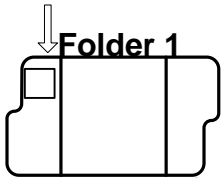


**Dotted Lines**-These are the cutting lines.

**Accordion Fold**-This fold is like making a paper fan. Fold on the first line so that title is on top. Turn over and fold on next line so that title is on top again. Turn over again and fold again on the next line so that title is on top. Continue until all folds are done.

**Cover Labels**-Most of the booklets that are folded look nicer with a label on top instead of just a blank space. They will be referred to as “cover label.”

### How do I know where to place each template in the folder?

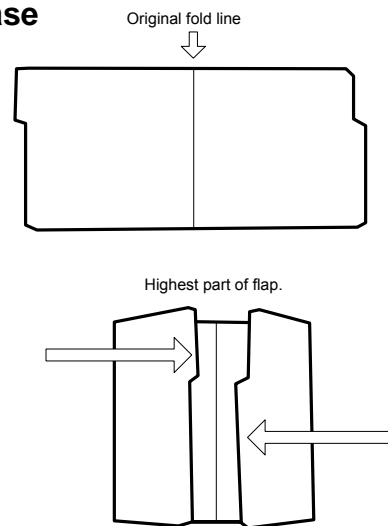


This placement key tells you the template goes in the first folder at the top of the left flap.

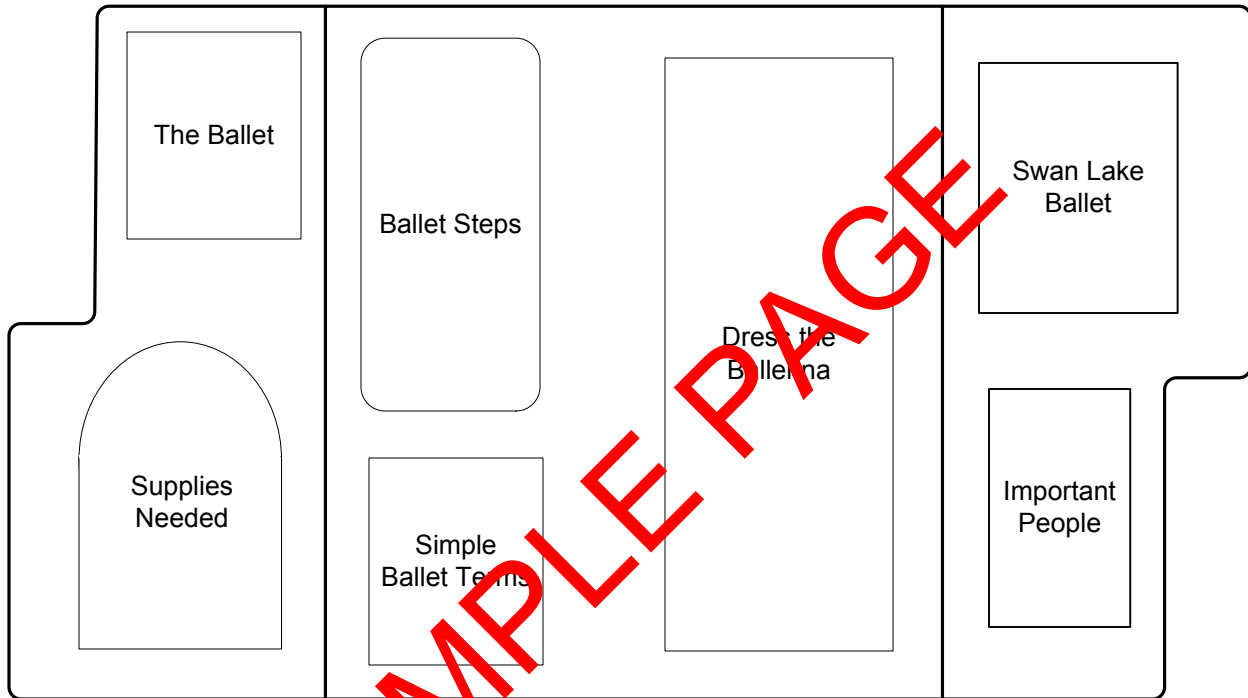
### Folding a Labbook Base

Gather the number of folders required for the project. Fold them flat as seen here.

For each folder, fold the left and right sides inward toward the original line to create two flaps. Crease so that the highest part of each flap is touching the original line. It is important not to let the two flaps overlap. *You may want to take a ruler and run it down each crease to make it sharper.*



## Booklet Placement Guide



## Complete the Scene

Cut out the scene on the dotted line. Draw yourself on the dance bar. Remember to dress in your tutu!

# Ballet

SAMPLE PAGE



## The Ballet

Ballet first began in the 15<sup>th</sup> century during the time of the Italian Renaissance. But, its true formal history began when Louis XIV of France established the first ballet school. The Académie Royale de Danse opened in 1661 in a room of the Louvre. Soon, ballet was spreading across the country and by the 19<sup>th</sup> century there were ballet companies from Denmark to Italy, France to Russia.

In ballet, a pas de deux (French for step/dance for two) is a duet in which ballet dancers perform the dance together. When Siegfried dances with Odile, it is a pas de deux.

Known as a highly technical form of dance, the ballet even has its own vocabulary! The dance is typically performed with classical music. Ballet requires years and years of study. To be a professional ballet dancer not only do you have to have years of training from an early age, but also the perfect body type: long legs, long arms, and the perfect length neck. Dancers become professionals at the age of 18 and very few dance after the age of 30.

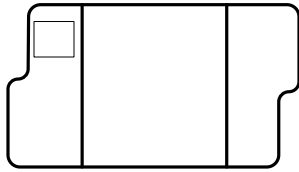
The word "ballet" comes from both the Italian and French words for dance. But, its roots go all the way back to its Latin form *ballare*, which means to dance. Every step in ballet has a name. There are hundreds of steps and each one has a French name.

In the early times of ballet, all of the dancers were men not women. The reason for this was the heavy costumes that were worn. Today, most ballet solo dancers wear a tutu. Men normally wear tights and often fancy jackets. This allows for the freedom needed in movements. But, in story ballets like Swan Lake, the king and queen, the court jester, and the guests of the grand ball may all wear elegant costumes like those seen in theaters. This is because they are part of the story but they do not have major dancing roles.

For years the choreography for ballets was passed down orally from one dancer, choreographer or teacher to the next. In the early 20<sup>th</sup> century, a system of notation was devised and another in the middle of the 20<sup>th</sup> century. Now computer software is being created.

There are story ballets, like Swan Lake, and there are abstract ballets. In 1967, *Jewels* was the first full length abstract ballet to be performed in America. It was choreographed by George Balanchine. The name of the company he founded is now known as the world-famous New York City Ballet.

**Folder 1**



Cut out each pieces. Stack together on top of each other according to length with the title on top. Staple together at the top. Glue into lapbook.

**Directions:** Fill out the information on each booklet.



Two horizontal lines for writing.

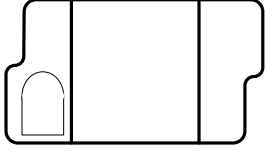
What does the word "ballet" mean?

Three horizontal lines for writing.

When and where did it begin?

SAMPLE PAGE

### Folder 1



Cut out each piece on this page. Fasten together at the top with a brad (or staple). Glue into lapbook.

**Directions:** Inside of the booklet, draw or glue pictures of items you will need to do ballet.

What Supplies Do  
You Need?



SAMPLE PAGE



## Simple Ballet Terms

Demi -Means half

Plie -Means to bend

Petite -Mean small

Grande -Means whole

Demi Plie- Half a bend of the knees

Pirouette -To whirl or spin

Devant -Means to the front

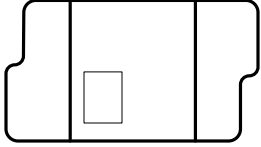
Derriere -Means to the back

En bas -Means arms low

En Haut -Means arms high

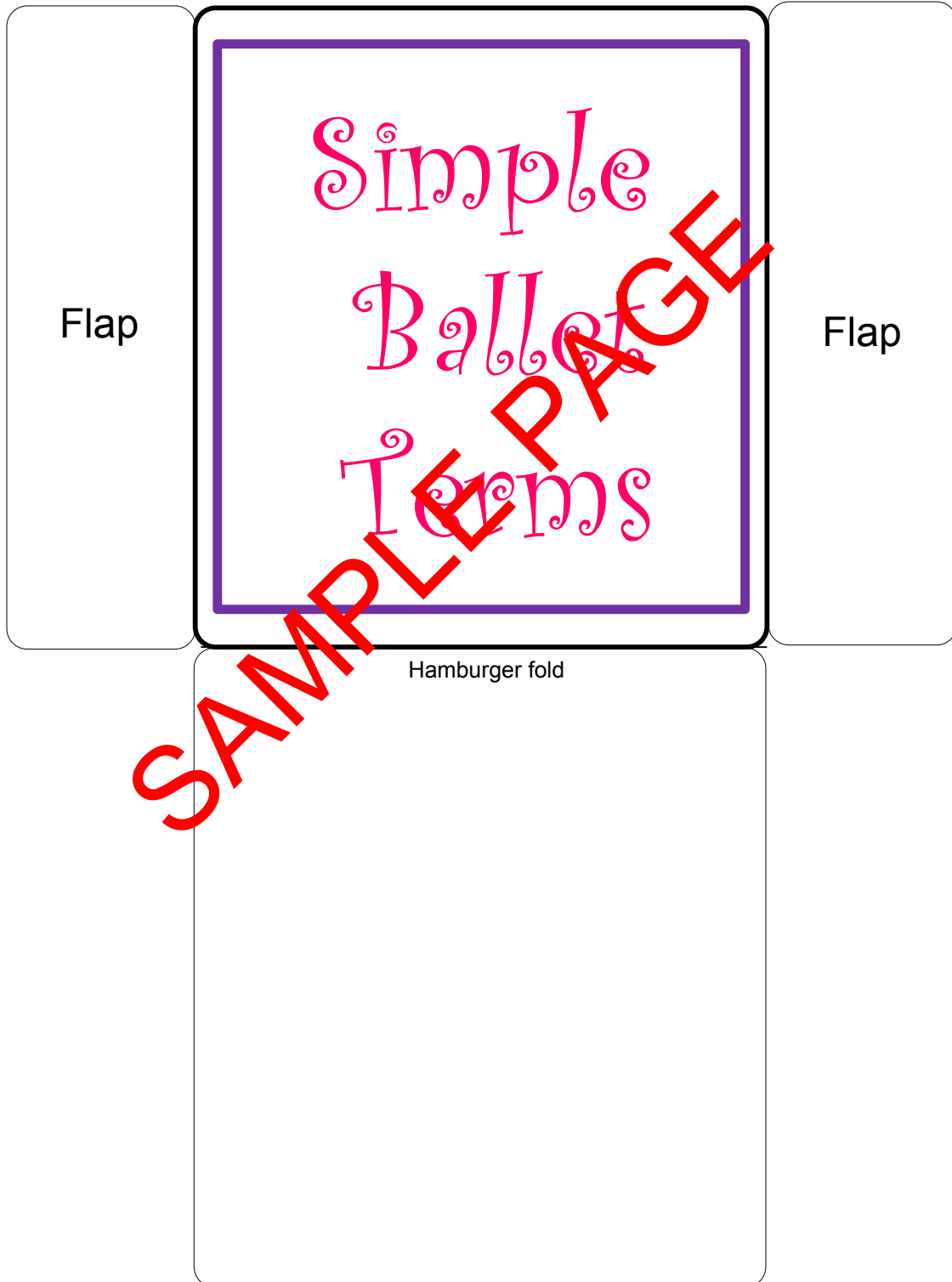
SAMPLE PAGE

### Folder 1



Cut out booklet as one piece. Fold the back bottom section up in back, and then fold the flaps back and glue to make a pocket. Cut out the cards on the next three pages.

**Directions:** On each card, draw or glue pictures of the words. Another fun idea would be to take pictures of YOUR child in each pose. Then, glue their picture on the cards. A great way to help them review or learn each term.



Plie

Demi

Petite

Grande

SAMPLE PAGE

Pirouette

Demi Plie

Devant

Derriere

SAMPLE PAGE

En bas

En Haut

SAMPLE PAGE