

ACTIVITY

Ballet Quiz

1

- What are the main muscles responsible for helping keep your torso in the "Ideal Standing Posture"?

2

- What is the difference between an *Élevé* and a *Rélevé*?

3

- How many Ballet-based positions of the Feet are there? And what are they called?

4

- What does "En Croix" mean?

5

- What is a *Battement*?

6

- What is a *Cambre*?

7

- What is a "Rond de Jambe par Terre »?

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Ballet Quiz

8

- Name 2 exercises that you may find in a Set Ballet Barre

9

- Name 1 Artistic Sports skill/element that comes from Ballet.

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1. Hamstrings, Abdominals, Transverse Abdominals
 2. Elevés start on a flat foot with straight legs and rise up to Demi pointe, Relevé start from a Plié and rise up to Demi Pointe.
 3. 5 (or 6) | 1st, 2nd, 3rd, 4th, 5th (we will accept 6th as well.
 4. It is an exercise that goes to the front, then to the side, then to the back and then again to the side...making a + pattern on the floor.
 5. It is a movement that travels away from your body and then back towards your body.
 6. Large arched or curved movements of the body
 7. A circular movement of the Leg on the Ground
 8. (Any 2 listed below are ok)
 - Body wave work (Cambre)
 - Plies, Foot articulations, élevés and relevés
 - Battement Tendu en croix
 - Battement Dégagé en croix
 - Battement Fondu
 - Rond du Jambé (par terre, en l'air & grand rond)
 - Développé and Enveloppé
 - Stretch and balance (Adage)
 - Grand Battement
 - Sautés, Pirouette Preparation
 - Battement Fappes
 - Petite battement
 9. (Any 1 listed below is ok)
 - Pirouettes (spins, turns)
 - Balances (arabesque/spirals, attitude, penché/needle)
 - Leaps and Jumps
 - Basic Body movements : (Plié, Relevé, Tendus, Rond de Jambé, Grande Battement, Développé, Sautés, Fondu, Adage, Ballet Leg, Spirals)

Answers