



ballet 31

Biblical womanhood through ballet training



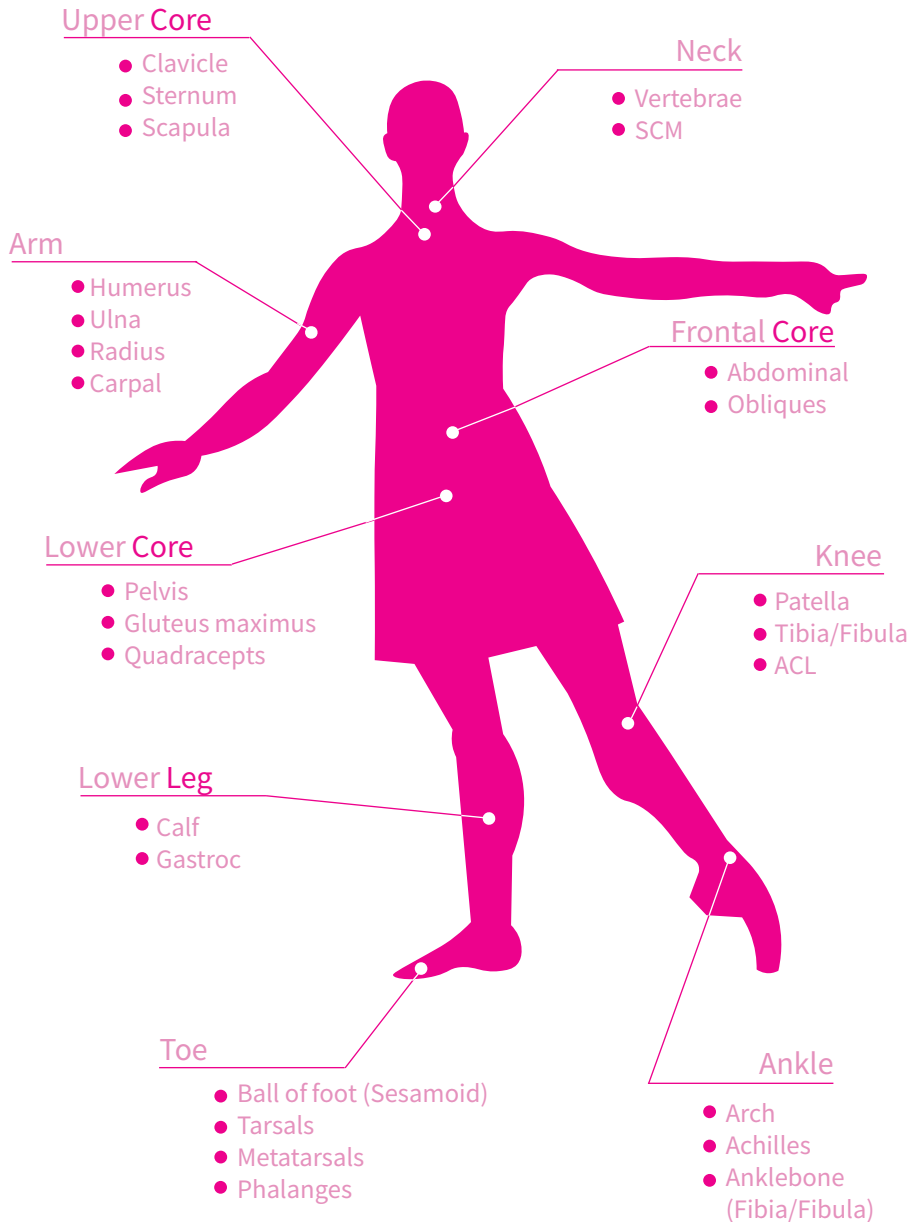
1 *Elegance & Grace*

2 *Professionalism & Excellence*

3 *Say 'no' to the flesh*

anatomy focus

Flexibility, Strength, Control



heart focus

*A wife of noble character who can find?
She is worth far more than rubies...*

Dependable

"Her husband has full confidence in her and lacks nothing of value. She brings him good, not harm, all the days of her life."

Diligent

"She selects wool and flax and works with eager hands."

Responsible

"She is like the merchant ships, bringing her food from afar. She gets up while it is still night; she provides food for her family and portions for her female servants."

Prudent

"She considers a field and buys it; out of her earnings she plants a vineyard."

Hard-Worker

"She sets about her work vigorously; her arms are strong for her tasks. She sees that her trading is profitable, and her lamp does not go out at night."

Helpful

"In her hand she holds the distaff and grasps the spindle with her fingers. She opens her arms to the poor and extends her hands to the needy."

Prepared

"When it snows, she has no fear for her household; for all of them are clothed in scarlet."

Orderly

"She makes coverings for her bed; she is clothed in fine linen and purple."

Respectful

"Her husband is respected at the city gate, where he takes his seat among the elders of the land. She makes linen garments and sells them, and supplies the merchants with sashes. She is clothed with strength and dignity; she can laugh at the days to come."

Wise

"She speaks with wisdom, and faithful instruction is on her tongue."

Not Idle

"She watches over the affairs of her household and does not eat the bread of idleness."

Blessed

"Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all." Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised. Honor her for all that her hands have done, and let her works bring her praise at the city gate."

The Seven Movments of Ballet

- 1 plié (to bend)
"plee-AY"
- 2 tendu (to stretch)
"Tahn-DOO"
- 3 glissé (to glide)
"glee-SAY"
- 4 elancé (to dart)
"ay-lahn-SAY"
- 5 relevé (to rise)
"rel-uh-VAY"
- 6 sauté (to jump)
"soh-TAY"
- 7 tourné (to turn)
"toor-NAY"

Prepare at Home:

- Hair Done
- Dressed (Leotard, Tights, Cover-ups)
- Ballet Bag Ready
 - Water bottle
 - Ballet slippers & skirt
 - Ballet journal & pencil

10-15mins before class:

- Bathroom break
- Hydrated
- Warmed up and ready to dance!

class schedule

warm up

Introduction

barre exercises

- 1 plie
- 2 tendu
- 3 glisse
- 4 rond de jambe / fondu
- 5 petit battement / frappe
- 6 adagio
- 7 grande battement

Heart and Physical Focus

center exercises

- 1 port de bras
- 2 waltz / pirouette
- 3 petit allegro

across the floor

- 1 grande allegro

Worship Dance

weekly schedule

Week 1: Jan 17, 2025

Character Focus: A God-fearing woman is **Dependable**
(Prov 31:10-12)

How can people have ‘full confidence’ in us? (Is there a chore that we can be depended upon to do? Is there a responsibility that we can help our family with so that our father or husband ‘lacks nothing of value’ and we bring him ‘good not harm?’)

Physical Focus: **Frontal core** (abdominal, obliques)
See if you can observe your core in action this week. (Someone tensing their core before lifting something heavy, or before singing or , having flexibility, strength, and control in your core.

Week 2: Jan 24, 2024

Character Focus: A God-fearing woman is **Diligent**
(Proverbs 31:13)

How can we work with ‘eager hands?’ (Is there a task that we don’t enjoy doing so we drag our feet while doing it? What’s something that we could work more eagerly at?)

Physical Focus: **Plie, knee** (‘to bend,’ patella)
See if you can observe the “plie” motion in action this week. (Someone bending their knees to pick up a child, or right before jumping really high...etc.) In your free dance and exercise, focus on having flexibility, strength, and control in your knees.

weekly schedule

Week 3: Jan 31, 2025

Character Focus: A God-fearing woman is **Responsible**
(Prov 31:14)

How can we take good care of what's in our care? What is something that you are in charge of? How can you take better care of that? (Maybe a chore? a pet? taking care of a sibling? looking after something for someone?)

Physical Focus: **Tendu, lower core** ('to stretch,' pelvis, glutes)
See if you can observe the "tendu" motion in action this week. (Someone stretching their leg out to move something on the floor, or because they're tired, or pointing to something with their toe... etc.) In your free dance and exercise, focus on having flexibility, strength, and control in your lower core.

Week 4: Feb 7, 2025

Character Focus: A God-fearing woman is **Prudent**
(Proverbs 31:16-18; 24)

How can we 'trade to make a profit' and manage our money well both in buying and selling. (Maybe a lemonade stand, cooking kit or some handiwork? Help a neighbor rake some leaves or mow a lawn? Get creative and put together a little basket to sell for an auction or teach someone a skill that you are good at?)

Physical Focus: **Glisse, lower leg** ('to glide,' calf)
See if you can observe the "glisse" motion in action this week. (Someone doing that motion as they start walking, while sitting down restlessly...etc.) In your free dance and exercise, focus on having flexibility, strength, and control in your lower leg.

weekly schedule

Week 5: Feb 14, 2025

Character Focus: A God-fearing woman is a **Hard worker** (uses time wisely)(Proverbs 31:18)

How can we spend our time better? Do we use every moment of the day to productively glorify God? (Is your playtime wasting time, or how are you using it to glorify God? Do you find yourself sometimes falling into laziness and doing what your flesh wants to do?)

Physical Focus: **Elace, toes** ('to dart,' metatarsals, ball of foot)
See if you can observe the "elance" motion in action this week. (accidentally touching something very hot or sharp and jumping back, someone is alert and moves their body quickly...etc.) In your free dance and exercise, focus on having flexibility, strength, and

Week 6: Feb 21, 2025

Character Focus: A God-fearing woman is **Helpful**
(Proverbs 31:20)

How could we 'extend our hands to the needy?' (Is there a sibling? An elderly person? Someone we could touch by writing a card or giving a thoughtful gift? Sharing with someone who doesn't have what you have?)

Physical Focus: **Releve, ankle** ('to rise,' arch, anklebone)
See if you can observe the "releve" motion in action. (Someone standing on tip toe to reach something, someone running with foot articulated...etc) In your free dance and exercise, focus on having flexibility, strength, and control in your ankles.

weekly schedule

Week 7: March 7, 2025

Character Focus: A God-fearing woman is **Prepared**
(Prov 31:21,25)

How can we 'laugh at the days to come' and be better prepared for what God has for us? (Could we be more forward thinking about homework? Could you prepare sooner for heading out the door? Can you think of an event that will happen in a few weeks and is there a way that you could start prepping now?)

Physical Focus: **Saute, upper core** ('to jump', clavicle, scapula, sternum) See if you can observe the "saute" motion in action this week. (someone who is excitedly jumping, jumping into a swimming pool...etc.) In your free dance and exercise, focus on having flexibility, strength and control while you jump with your

Week 8: March 14, 2025

Character Focus: A God-fearing woman is **Orderly**
(Prov 31:22)

How can we keep ourselves more orderly? (Is there a way that you could dress more neatly, make ways to keep your room more orderly or tidy?)

Physical Focus: **Tournee, neck** ('to turn,' neck muscles)
See if you can observe the "tournee" motion in action this week. (someone who turns their head to look at something, identify both sharp and smooth head turns...etc.) In your free dance and exercise, focus on having flexibility, strength and control in your neck.

weekly schedule

Week 9: March 21, 2025

Character Focus: A God-fearing woman is **Respectful**
(Prov 31:23)

How can we act that will make our husband or father feel 'respected at the city gate.' (Admiring what he does? Obeying quickly? Paying extra close attention while he's talking? Talking to others about what we love about him? Asking his advice/council?)

Physical Focus: **Port de bras, arms** (hands, elbow, wrist)
See if you can observe the "port de bras" motion in action this week. (Someone who is doing any kind of graceful motion with their arms. Placing something on the counter, motioning to someone with their arms...etc.) In your free dance and exercise, focus on having flexibility, strength, and control in your elbows and wrists.

Week 10: March 28, 2025

Character Focus: A God-fearing woman is **Wise** (Prov 31:26)
How can we 'speak with wisdom and faithful instruction'? (Is there someone who you can encourage with God's Word? Is there a scripture that might be a blessing to someone you know?)

Physical Focus: **Review & Rehearsal**
See if you can put into practice everything we've learned in previous weeks.

weekly schedule

Week 11: April 4, 2025

Character Focus: A God-fearing woman is **Not Idle**
(Prov 31:27)

How can we not 'eat the bread of idleness?' How can we make sure that our time is filled with edifying God-glorifying activity? (Do we sometimes get bored and sin? Is there something productive and Godly we can do while we are waiting or in our free time?)

Physical Focus: **Review & Rehearsal**

See if you can put into practice everything we've learned in previous weeks.

Week 12: April 11, 2025

Character Focus: A God-fearing woman is **Blessed**
(Prov 31:28-31)

When we consistently put into practice everything that we've learned so far, we will be blessed. See if you can find examples of women in your life that live Godly lives. How can you see God's blessing in their lives? (Maybe Mom is not idle and you notice she can be joyful even when she feels sick? Or the pastors wife is respectful and you see how her husband loves her so much?)

Physical Focus: **Final Class**

discipline the heart

*"For while bodily training is of some value,
godliness is of value in every way"*

Today, our heart focus is "Dependable" Prov 31:10-12

What is a task that your parents sometimes need to remind you to do? _____

My goal is to do _____ without being asked _____ time(s) this week.

Examples:

(My goal is to help brother get changed without mom asking 1 time this week)
(My goal is to put my bowl on the counter without being asked 2 times this week)
(My goal is to do my sweeping chore without being asked 3 times this week)
(My goal is to clean my room without being reminded all 7 days this week)

Bonus! Help achieve your goal by making a plan:

Examples:

(I will put a sticky note reminder above my bed so right when I wake up in the morning I remember to clean my room without mom asking)
(Any time mom has to remind me to put my bowl away, I will make myself do 10 push-ups.)
(I will set an alarm that will ring every day at 2:00pm during my play time to remind me to do it)

I met my goal!

discipline the body

"But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified"

What is a correction I/we got in class today?

Example: "Keep my tummy tucked in" "Shoulders down when I jump" "Keep my hip still during jetes" "Slow plies on the way up"

If you are headed toward honor roll or production, is there anything you need to practice this week?

discipline the heart

"For while bodily training is of some value, godliness is of value in every way"

Today, our heart focus is "Diligent" Prov 31:13

What is a task that you sometimes do slowly because you don't like it? _____

My goal is to do _____ in _____ many minutes

Examples:

(My goal is to do my math pages in 20 minutes)

(My goal is to do eating lunch in 15 minutes)

(My goal is to do cleaning up my toys in 2 minutes)

(My goal is to do folding the towels in 5 minutes)

Bonus! Help achieve your goal by making a plan:

Examples:

(I will set a stopwatch to race myself – see if I can do math faster than yesterday)

(Watch daddy and see if I can take a bite every time that he does)

(I'll see if I can have all the towels folded before I'm done singing amazing grace)

(Every ten minutes that I'm sitting down staying focused on my work, I'll put one chocolate chip in a pile. But if I get distracted once before the task is done, I'll put the whole pile back)

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Today, our heart focus is "Responsible" Prov 31:14

What is a job in your household that no one really wants to do? _____

My goal is to take responsibility for doing _____ this week.

Examples:

(My goal is to take responsibility for feeding the animals in the cold and dark this week)

(My goal is to take responsibility for cleaning out the car this week)

(My goal is to take responsibility for watching the little siblings while mom's busy)

Bonus! Help achieve your goal by making a plan:

I met my goal!

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discipline the heart

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Today, our heart focus is "Prudent" Prov 31:16-18,24

What is something that is yours that you don't take super good care of? _____

My goal is to take care of _____ by _____.

Examples:

(My goal is to take care of my room by cleaning it every morning)

(My goal is to take care of the chickens by cleaning out their cage)

(My goal is to take care of my violin by keeping the bow rosined and loosened)

(My goal is to take care of my doll by putting tape over its hole)

Bonus! Help achieve your goal by making a plan:

I met my goal!

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Today, our heart focus is "Hard-worker" Prov 31:18

What is a task that you don't feel like doing but you know is good to do? _____

My goal is to do _____,
When? _____ even if I don't feel like it.

Examples:

(My goal is to do the dishwasher before I play outside, even if I don't feel like it.)

(My goal is to do my spelling homework as soon as I get home from ballet, even if I don't feel like it.)

(My goal is to do my Bible time right when I wake up, even if I don't feel like it.)

(My goal is to put away my toys right when I'm asked even if I don't feel like it.)

(My goal is to stop playing when it's time to leave even I don't feel like it.)

Bonus! Help achieve your goal by making a plan:

Examples:

(I will put a fork in my shoe to remind me to do the dishes before I play outside)

(I will put a sticky note on the lid of my favorite toy box to remind me to stop playing joyfully)

(I will put my spelling book in my ballet bag so I remember to do it when I'm putting away my things)

(I'll set my alarm for 15 minutes earlier so that there is time to do my Bible in the morning)

I met my goal!

parent initial _____

discipline the body

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If you are headed toward honor roll or production, is there anything you need to practice this week?

discipline the heart

"For while bodily training is of some value, godliness is of value in every way"

Today, our heart focus is "Helpful" Prov 31:20

What is something you don't like to help with?

My goal is to help _____,
_____ time(s) this week.

Examples:

(My goal is to help clean up the table 5 times this week)

(My goal is to stay back and help my little sister have a good time instead of playing with my friends one time this week)

(My goal is to help Mom with the baby 3 times this week)

(My goal is to help my brother brush his teeth 2 times this week)

(My goal is to help my sister see Mommy's book because she's short one time this week)

Bonus! Help achieve your goal by making a plan:

Examples:

(I will tell Mom my goal ahead of time so that she can remind me of my goal when I start to complain)

(When I don't want to help, I'll recite Philippians 2:14 out loud)

(When I'm at church, I'll find my little brother and make sure he's having fun before I go off and play with my friends)

(I'll sit next to my sister during reading time to make sure she can see)

I met my goal!

parent initial _____

discipline the body

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If you are headed toward honor roll or production, is there anything you need to practice this week?

discipline the heart

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Today, our heart focus is "Prepared" Prov 31:21, 25

What is something that your family sometimes gets stressed out about? _____

My goal is to _____ so we can be prepared for _____.

Examples:

(My goal is get my shoes and jacket ready and wait patiently by the door so we can be prepared to leave for co-op in the morning)

(My goal is to clean up the legos in the living room by Saturday night so we can be prepared for guests coming over on Sunday)

(My goal is to bring a coloring book to do with my siblings to help them be self controlled so we can be prepared for the long waiting time)

Bonus! Help achieve your goal by making a plan:

Examples:

(I will flip my shoes upside down in the shoe rack so that every time I see them I remember to wait patiently by the door when the time comes)

(I will tell my siblings my plan about cleaning up the legos early on the car ride home)

(I will ask Mom if I can put the coloring book in the car as soon as I get home so that its ready for our long wait day)

I met my goal!

parent initial _____

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discipline the heart

"For while bodily training is of some value, godliness is of value in every way"

Today, our heart focus is "Orderly" Prov 31:22

What is something in your room that's not orderly?

My goal is to make _____ orderly. When?

Examples:

(My goal is to make the boxes under my bed orderly during recess tomorrow before I play outside)

(My goal make my bed orderly right after I wake up each day)

(My goal is to make my drawers orderly after church on Sunday)

(My goal is to make my bookshelf orderly when I get home today)

Bonus! Help achieve your goal by making a plan:

Examples:

(In the car today I am going to ask all my siblings to remind me to organize my drawers on Sunday)

(I am going to start singing my favorite songs and joyfully organizing as soon as recess starts tomorrow)

(I will put a note in my playhouse to remind me to clean my room before playing)

I met my goal!

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If you are headed toward honor roll or production, is there anything you need to practice this week?

discipline the heart

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Today, our heart focus is "Respectful" Prov 31:23

When are you most tempted to speak disrespectfully toward your parents? _____

My goal is that when _____ instead of speaking disrespectfully, I will _____.

Examples:

(My goal is that when I'm in trouble, instead of speaking disrespectfully, I will apologize)

(My goal is that when Mom tells me to stop playing and do homework, instead of speaking disrespectfully, I will joyfully obey)

(My goal is that when I don't like the rules that Dad makes, instead of speaking disrespectfully, I will recite Ephesians 6:1 to myself)

(My goal is that when my Mom is tired and frustrated, instead of speaking disrespectfully, I will find some way to help her)

(My goal is that when I know deep down that my parents are right but I don't want to admit it, instead of speaking disrespectfully, I will be humble and apologize.)

Bonus! Help achieve your goal by making a plan:

I met my goal!

discipline the body

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What is a correction I/we got in class today?

Example: "Keep my tummy tucked in" "Shoulders down when I jump" "Keep my hip still during jetes" "Slow plies on the way up"

If you are headed toward honor roll or production, is there anything you need to practice this week?

discipline the heart

"For while bodily training is of some value, godliness is of value in every way"

Today, our heart focus is "Wise" Prov 31:26

What is a Bible verse you have memorized and know what it means? _____

My goal is to find one time to recite _____ when _____.

Examples:

(My goal is to find one time to recite "children obey your parents in the Lord" when I'm tempted to be disobedient)

(My goal is to find a time to recite James 4:1-2 when I find myself in a quarrel with my siblings)

(My goal is to find a time to recite John 3:16 when my unbelieving grandpa is over)

(My goal is to find a time to recite "when I am afraid I will trust in you" when my little sister is scared)

Bonus! Help achieve your goal by making a plan:

Examples:

(I will write that verse on a card and put it above my bed to remind me)

(I will ask Mom if we can put that scripture cd on in the car so that verse is stuck in my head this week)

(I will pray each morning that God would give me an opportunity to live out His word)

I met my goal!

parent initial

discipline the body

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If you are headed toward honor roll or production, is there anything you need to practice this week?

discipline the heart

"For while bodily training is of some value, godliness is of value in every way"

Today, our heart focus is "Not idle" Prov 31:27

What is one way you waist time?

Instead of wasting time doing _____ my goal is to spend that time doing _____.

Examples:

(Instead of wasting time watching things, my goal is to spend that time loving my little brother)

(Instead of wasting time getting distracted when I'm supposed to be doing homework, my goal is to spend that time getting ahead on homework)

(Instead of wasting time playing on the ipad, my goal is to spend that time learning how to knit)

(Instead of wasting time playing all Saturday, my goal is to spend that time reading 3 chapters of the Bible)

Bonus! Help achieve your goal by making a plan:

I met my goal!

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What is a correction I/we got in class today?

Example: "Keep my tummy tucked in" "Shoulders down when I jump" "Keep my hip still during jetes" "Slow plies on the way up"

If you are headed toward honor roll or production, is there anything you need to practice this week?

discipline the heart

"For while bodily training is of some value, godliness is of value in every way"

Today, our heart focus is "Blessed" Prov 31:28-31

What is one thing you can do to bless your Mom?

I did it!

A wife of noble character who can find?
She is worth far more than rubies.
Her husband has full confidence in her
and lacks nothing of value.
She brings him good, not harm,
all the days of her life.
She selects wool and flax
and works with eager hands.
She is like the merchant ships,
bringing her food from afar.
She gets up while it is still night;
she provides food for her family
and portions for her female servants.
She is diligent in doing her work;
out of her earnings she plants a vineyard.
She sets about her work vigorously,
her arms are strong.
She sees that her trading is profitable,
and her lamp does not go out at night.
In her hands she holds the distaff
and grasps the spindle with her fingers.
She opens her arms to the poor
and extends her hands to the needy.
When it snows, she has no fear for her household;
for all of them are clothed in scarlet.
She makes coverings for her bed;
she is clothed in fine linen and purple.
Her husband is respected at the city gate,
where he takes his seat among the elders of the land.
She makes linen garments and sells them,
and supplies the merchants with sashes.
She is clothed with strength and dignity;
she can laugh at the days to come.
She speaks with wisdom,
and faithful instruction is on her tongue.
She watches over the affairs of her household
and does not eat the bread of idleness.
Her children arise and call her blessed;
her husband also, and he praises her:
“Many women do noble things,
but you surpass them all.”
Charm is deceptive, and beauty is fleeting;
but a woman who fears the Lord is to be praised.
Honor her for all that her hands have done,
and let her works bring her praise at the city gate.

but a woman who
fears the Lord
is to be praised
