



ROYAL
BALLET
SCHOOL

PRIMARY STEPS



PRIMARY STEPS WORKSHOP NEWSLETTER

Welcome to your second Primary Steps newsletter. We hope you have enjoyed your first Primary Steps workshop and are looking forward to this week's class.

DANCE YOURSELF HAPPY AND HEALTHY

Dancing is fun and also really good for you. It helps to keep you fit, flexible and strong.

You may not realise it but your brain is also very active when you are dancing. It is working hard to send messages to different parts of your body. This makes you move in time with the music and remember the steps you are doing.

By dancing with others, you can learn how to be part of a team and make new friends. In your workshops, you will learn how to use your imagination to show feelings and tell stories through dancing.



WHAT BALLET GIVES US

Ballet is a very popular dance form. Athletes use ballet to improve their performance in other sports like football, rugby and basketball. Using ballet can help you improve many different things including:

- Speed
- Coordination
- Strength
- **Stamina**
- Flexibility
- Balance

Ballet Dictionary

Stamina - the ability to keep moving or exercising for a long period of time

Watch the video below to see how students at The Royal Ballet School keep themselves fit and healthy.

<https://www.youtube.com/watch?v=6XfRYpgwVnE>

FUELING OUR BODY

It is important when dancing or doing physical activity that we give our body the fuel it needs. Look at the poster below to see the rainbow plate challenge. The next time you eat, count how many colours you have on your plate.

Vitamins and Minerals support your immune system and help keep you illness and injury free!

How many colours can you get on your plate?

Can you get 4 colours in every meal?

Purple

Red

Green

Orange



Eat a rainbow

SOMETHING TO DO

FUN FACT: Muscle is a word we've borrowed from the French, which has its roots in the Latin word 'musculus'. 'Mus' referred to a mouse and 'sculus' meant little. So the word meant 'little mouse'. The Romans felt that the movement of muscles resembled the movements of little mice under the skin!

Look at the picture below, which shows lots of different muscles that we all have in our bodies. See if you can find them on your own body.

When you are in your Primary Steps workshops, think about which muscles you are using for each movement.



SOMETHING TO WATCH

This week we have a video of Royal Ballet School students performing a very special dance they worked hard to make perfect. Watch the video below to see their beautiful dancing.

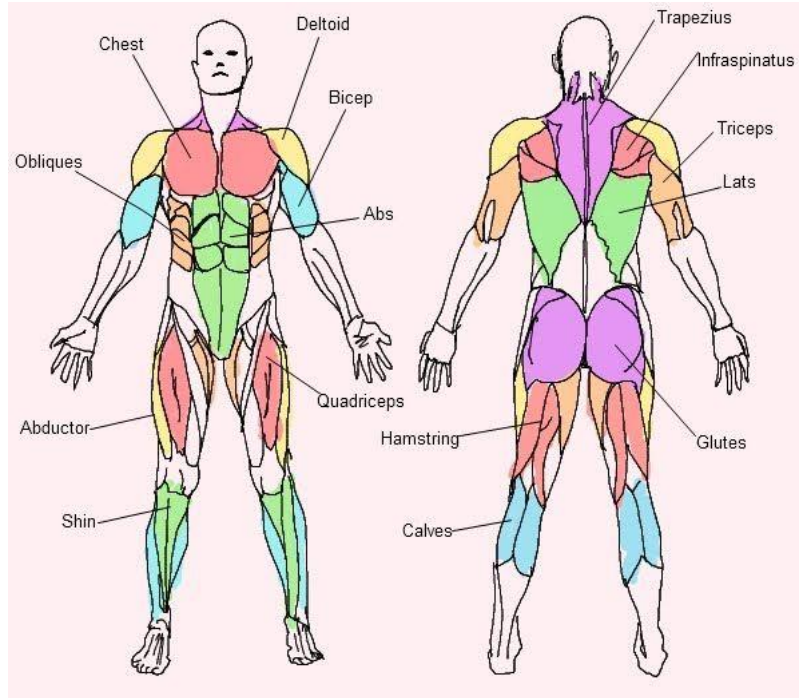
<https://www.youtube.com/watch?v=bPU4B8FJ1aw>

Once you have watched, have think about how you would answer these questions:

What is your favourite part?

What makes the performance so great?

Does their dancing match the music?



INTERVIEW WITH PRIMARY STEPS STUDENTS

We have a special interview with Primary Steps Graduates Theo and Tadiwa for you to watch. Since graduating from Primary Steps, Theo and Tadiwa have joined the Mid Associates programme at The Royal Ballet School.

The Associates Programme is a dance training programme that is for children between the ages of 8 and 18 that are very talented and really love classical ballet training.

[Head to the email version to watch their interview and hear them talking about why they love dance.](#)

We hope your child enjoys their workshop this week. If you have any questions, please do not hesitate to get in touch –

primarysteps@royalballetschool.org.uk

Follow us on social media to keep up to date with news, photos and videos from The Royal Ballet School.

