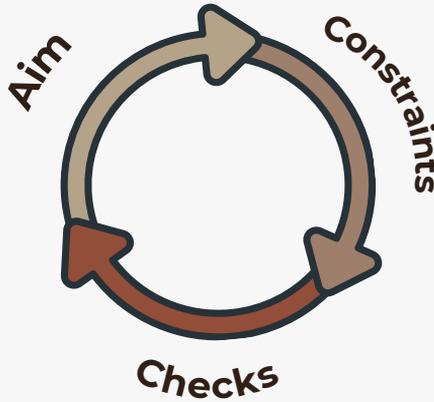# QUICK START

Aim • Constraints • Checks

Pick 1 Aim • Choose 2–3 Constraints
Add Entry/Through/Exit checks (≤60s each).

Constraints = small limits (tempo, range, space/cue).

Checks = fast observations (Y/N or tally).

No technique fixes; this is learning design so technique sticks.

15-Minute Lesson Arc Template

Design 1 class that transfers conceptual understanding without adding combos. Create calmer rooms & higher retention in weeks.

Aim → Constraints → Checks

1. **Class Context** *(30–60s)*

> **Cognitive Load:** Constraints reduce options so attention can land on what matters.

- Class/Level: e.g., Int. Ballet 11–14
- Date:
- Focus Area: e.g., Adagio control / traveling pirouettes
- Prior Knowledge: What they already can do that you'll build on *(1–2 bullets).*

2. **A I M** *(90s) → 1 sentence that names a skill you want to transfer.*

- Aim (clear + testable): "Students will control adagio at 60–72 bpm with stable pelvis and continuous breath."

3. **C O N S T R A I N T S** *(3 minutes total) → 2–3 purposeful limits that shape the work and reduce cognitive load.*

- Constraint #1 *(form)*: "Front-leg dégagé height max: 45°"
- Constraint #2 *(tempo)*: "Metronome 68 bpm"
- Constraint #3 *(space/cues)*: "Use 6 counts to travel 2m; teacher cue: 'exhale on extension'"

4. **C H E C K S** (entry / through / exit) *(3 minutes) → Quick checks that confirm learning, not just completion.*

- **Entry check:** "Can they demo 2 slow developpés without hip hike?" (Yes/No)
- **Through check:** "Peer spot: pelvis stays level for 8 counts?" (Tally)
- **Exit check:** "Video 10s: can 80% show breath consistency on last phrase?" (Yes/No)

5. Variability Options *(60s) → If they pass, make it just different enough to generalize.*

- "Change facing every 8 counts" / "Switch to 72 bpm" / "Add arm pathway B"

6. Time & Music *(30s)*

- Total time: e.g., 12–15 min
- Music/BPM: e.g., 68 bpm, 8×8 counts

Transfer ≠ Memory:
Repeating a combo builds sequence memory. Arcs + variability build transferable skill.

7. Cues & Language *(30s)*

- 2–3 exact cues you'll say: "Stand on your breath", "Knee leads travel, pelvis stays."

8. Reflection (60s)

- What stuck / what slipped:

- Next arc tweak: *Change 1 constraint OR raise bpm by 4*

Checks vs. 'Did we do it?':
"A check verifies how it's done, not *if* it was done.

If this arc helped, you'll love the weekly prompts + office hours inside the Ballet Reeducators Membership.

Peek Inside the Membership

Explore our full suite of educator resources at
www.balletreeducation.com

BR