

# Ballet

## Skill - Flexibility

It is important that ballet dancers are flexible in case they injure their body. One of the flexibility moves is trying to put your foot on your head when you are lying down.

To put your foot on your head you have to lie on your stomach and get comfortable. You have to lift your leg up a little bit and bend your leg carefully so you don't pull a muscle. Gently lift your leg up and up until your foot touches your head. But if you feel uncomfortable doing any of these steps stop so you don't injure yourself.

## Skill: Leap and splits

To leap and do the splits in the air you have to practise leaping and doing the splits. This move is a very hard move.

125 Paige

