

**Proper Alignment  
Level 1  
Absent Make-Up Worksheet**

**Name:**

**Date:**

**Period:**

**Date of Absence:**

**Correct alignment helps reduce injury and promotes technique. It assists the body to function more effectively mechanically, allowing the movement to be energy efficient. The spine holds a natural S shaped curve. It is important to remember that the through-line, the imaginary line that passes directly through the center of the body passes through the middle of the ears, shoulder joint, hip joint, knee joint and finally to the mid to the front of the ankle joint. When bending, knees should be reaching in the same direction as your toes.**

**1. Why is correct alignment important?**

**Reason 1:** \_\_\_\_\_

**Reason 2:** \_\_\_\_\_

**2. What are the six body parts to focus on, when it comes to proper alignment.**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

**4.** \_\_\_\_\_

**5.** \_\_\_\_\_

**6.** \_\_\_\_\_

**Choose three skills from the list below. Explain to your teacher how to achieve proper alignment in the skill. Demonstrate the movement with proper alignment to your teacher. \*\*When practicing- check in a mirror if your six points of alignment are in one line while performing the skill.**

**Plie**

**Grande Jeté**

**Chasse**

**Chaine**

**Passe**