

St Andrew's College

BALLET

ACADEMY

HOME PRACTICE LOG

Dancer:

INSTRUCTIONS

Aim for two practices per week.

Go to the Ballet Homework website:
stac.nz/BalletHomework

Log in using the Ballet password
sent to you via email.

Practice with the videos that
your tutor has assigned for
your Year Group.

Return this Log Book to your Ballet
Tutor in the final week of the term.



WEEK	PRACTICE 1	PRACTICE 2	PARENT SIGNATURE
EXAMPLE	10 minutes	12 minutes	
1			
2			
3			
4			
5			
6			
7			
8			
9			

**RECOMMENDED PRACTICE
TIME PER SESSION**

Years 1–2
10 minutes

Years 3–5
15 minutes

Years 6–8
20 minutes



St Andrew's College

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