

Annotation of the subject:

Port de Bras CLIL (Content and Language Integrated Learning) represents a multidisciplinary work out, which belongs to the category of modern movement forms called Body and Mind. Port de bras CLIL does not only embrace elegance, strength, and flexibility, but also works with the rhythm and music. As a matter of fact, it cultivates the core and right posture while serving to create a long graceful alignment of the spine, pelvis, and limbs at the same time. This modern movement form also significantly improves our mental health, resilience and overall well-being. On top of that, the subject is instructed in tandem, in English and, partially, in French, i.e. basic ballet terms through the CLIL methodology. Port de bras CLIL appears to become a brand new subject in the syllabus of Modern Movement Forms concerning the Physical Education and Sports at Technical University of Liberec, Czechia.

Essential theoretical background for Port de bras (PDB) work out:

- **The Importance of Good Posture**

Good PDB posture isn't just about aesthetics—it's the foundation for balance, strength, and injury prevention. Whether you're holding an arabesque or leaping across the studio, proper alignment supports every move you make.

Perfect ballet posture is essential for grace, strength, and injury prevention. Good alignment helps dancers move fluidly, hold longer balances, and create clean, beautiful lines.

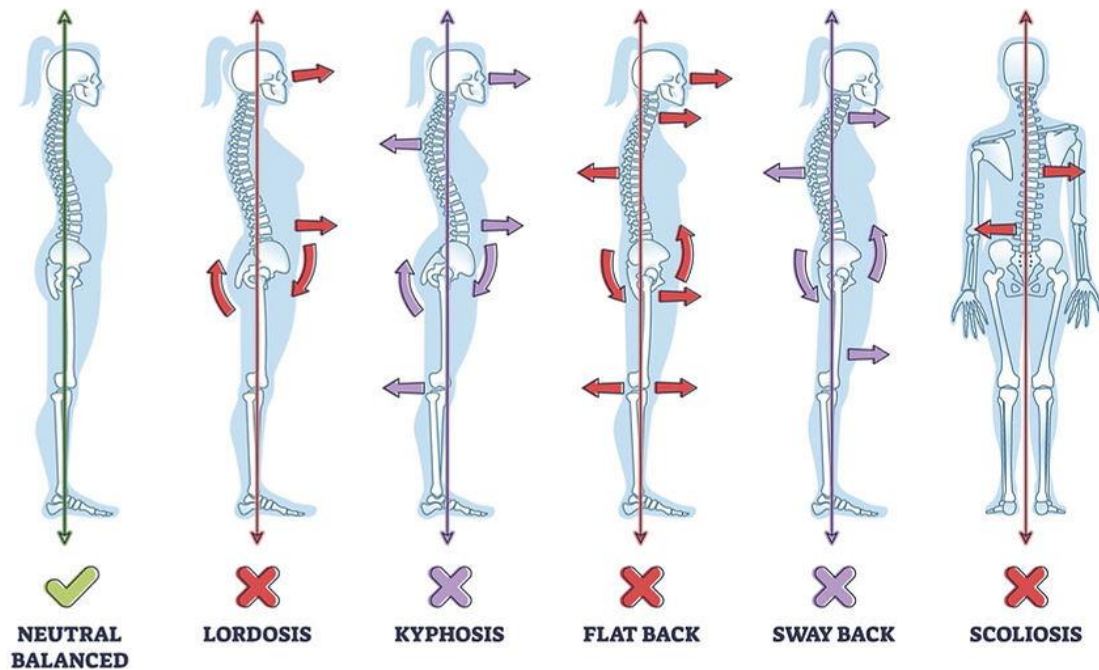
In this post, we will explore why posture matters in ballet, how to improve it, and simple daily posture exercises for dancers you can do in just a few minutes.

- **Why does posture matter?**

Proper ballet posture goes beyond just standing up straight, it involves building awareness and strength throughout your entire body as well. Achieving good posture involves the use of vertical energy through the spine, both upwards and downwards.

- **Why does posture matter?**

TYPES OF STANDING POSTURE



Proper ballet posture goes beyond just standing up straight, it involves building awareness and strength throughout your entire body as well. Achieving good posture involves the use of vertical energy through the spine, both upwards and downwards.

<https://www.theballetacademy.com.sg/post/how-to-achieve-perfect-ballet-posture-tips-and-exercises>

For the inspiration of right arm positions, please watch the link:

1. PORT DE BRAS - Learn the 5 Basic Arm Positions in Ballet - Ballet Centre Basics | natalie danza [YouTube](#) Natalie Danza - Adult Ballet
2. **PortDeBras release Par terre** [Vladimir Snezhik](#)
<https://www.youtube.com/watch?v=IFEWZj99PXg>

Basic Ballet Positions

First Position

The first position is the foundation of all ballet movements. In this position, the heels are together, and the toes are turned outwards, forming a straight line. The arms are rounded and held in front of the body, with the fingertips almost touching.

Second Position

In the second position, the feet are placed shoulder-width apart, with the toes turned outwards. The arms are extended to the sides, slightly rounded, and held at shoulder height.

Third Position

The third position involves placing one foot in front of the other, with the heel of the front foot touching the arch of the back foot. The arms are positioned with one arm rounded in front of the body and the other extended to the side.

Fourth Position

In the fourth position, one foot is placed in front of the other, with a gap of about one foot between them. The toes are turned outwards, and the arms are positioned with one arm rounded in front of the body and the other extended above the head.

Fifth Position

The fifth position is the most challenging of the basic positions. The feet are placed close together, with the heel of the front foot touching the toe of the back foot. The arms are rounded and held above the head, forming an oval shape.

Common Ballet Movements

Plié

A plié is a fundamental movement in ballet that involves bending the knees while keeping the heels on the floor. There are two types of pliés: demi-plié (half bend) and grand plié (full bend). This movement helps to warm up the muscles and improve flexibility.

Tendu

A tendu is a movement where the working leg is extended straight out from the supporting leg, with the toes pointed. This movement can be performed to the front, side, or back and helps to strengthen the legs and improve balance.

Jeté

A jeté is a jump from one foot to the other, often performed with a split in the air. This movement requires strength, coordination, and precision.

Arabesque

An arabesque is a position where the dancer stands on one leg, with the other leg extended straight behind them. The arms are usually extended in front of the body, creating a graceful line.

Pirouette

A pirouette is a turn on one leg, often performed with the other leg in a passé position (foot placed at the knee of the supporting leg). This movement requires balance, control, and technique.

<https://www.ballerinagallery.com/essential-ballet-terminology-for-beginners/>