

Did you know...

Anatomy

- Optimum turn out should be achieved before the age of 13 or 14.
- The foot contains 26 bones, 19 muscles and over 100 ligaments.
- Your foot has 2 main functions: support and propulsion!
- If you are an ectomorph (a body type) a strength is flexibility but you may lack endurance.
- Mesomorphs: you have good strength, coordination and endurance but have limited flexibility.
- Endomorphs have good strength and flexibility but maintaining those takes more training!
- When executing ballet movements the foot may receive a force more than 4x's your body's weight!!!
- Your knee has 2 major functions- flexion and extension.
- The iliofemoral ligament is a Y-shaped ligament that secures the hip joint to the femur and the strength and flexibility of that ligament determines your turn out!
- There are actually 4 arches in your foot!! The medial longitudinal, lateral longitudinal, anterior metatarsal and the transverse metatarsal.
- Of the 33 individual vertebrae in your spine, 24 are movable but 9 cannot move!

Students: There may be some words here that leave you with questions!!!
Search the internet or ask your teacher to help you learn more!!

Teachers: This is just a small fraction of what is found in the *Supplement for Teachers Presented for Examinations in Grades I-IV!!*