

## Ballet 1

**Goal: Students must follow dress code and class start times. Exhibit excellent behavior and focus. Know the difference between right and left. Understand and follow barre and center etiquette (ex: learning how to hold the barre, spacial awareness, taking turns.) Know how to properly align their body and execute basic combinations. Recognize and count basic musicality (ex: 4/4, 2/4.)**

### Phase One: August-December

#### Body Positions

- Feet in 1st, 2nd, and 6th
- Arms in 1st-3rd, 5th (low, middle and high)

#### Warm-Up

- Foot articulation
  - \*focusing on demi pointe and a full stretch without sickling
- Rotational strength and stretches
  - \*ex: side lying clam shells, pidgeon, butterfly
- Beginner core work
  - \*ex: tabletop, roll down walk out to plank, slow roll downs while seated

#### Barre (with two hands on the barre)

- Prances in parallel
- Demi plié in 6th, 2nd, and 1st position
- Tendu in 6th position to the front and in 1st position to the side
- Dégagé in 6th position to the front and in 1st position to the side
- Piques at 45 degrees in 6th position to the front and in 1st position to the side
- Introduce cou-de-pied in 6th position on flat
- Grand battement in 6th position to the front (maximum 90 degrees)
- Understand the difference between relevé and élevé
- \*Stretch in between barre and center. Focusing on calves, hips flexors, hamstrings, outer glutes, and inner thighs.**

#### Center

- Walks on demi pointe in parallel
- Memorize all taught arm positions
- Basic balance exercises in parallel positions
- Introduce spotting while on two feet
- Chaîné turn preparation on flat
- Chassé to the front across the floor
- Skips with hands on hips
- Sauté in 6th position

## Phase Two (January-June)

\*in addition to Phase 1

### Barre (with two hands on the barre)

- Prances in 1st position
- Introduce grand pli  in 6th, 1st, and 2nd
- Tendu to the front from 1st position
- Introduce temps li  in 1st position to the side
- Add chass  to 2nd position
  - \*Understand the difference between chass  and temps li 
- D gag  in 1st position to the front
- Piqu  in 1st position to the front
- Introduce cou-de-pied with rotation on flat
- Grand battement at 90 degrees in 1st position to the front and side

**\*Stretches remain the same**

### Center

- Refine ballet walks on demi pointe
  - \*adding rotation and port de bra at instructors' discretion
- Basic balance exercises with rotation
- Cha n  turns on relev 
- Add port de bra to chass 
- Add low 5th port de bra to saut s in 6th position
- Saut  in 1st and 2nd position

## **Ballet 2**

**Goal: Students must follow dress code and class start times. Exhibit excellent behavior and focus. Increase coordination, strength, and flexibility. Have a comprehensive knowledge of steps and positions taught at this level (vocabulary, order in class, etc.) Hold proper alignment with one hand on the barre. Utilize turn-out in all exercises. Be able to recognize and follow a 3/4 tempo. Maintain a one-legged balance on flat for at least 8 counts. Begin to finish exercises with proper position/pose.**

### **Phase One: August-December**

#### **Body Positions**

- Feet in 1st, 2nd, 3rd, and 6th (on flat and releve)
- Arms in 1st-3rd, 5th (low, middle and high)

#### **Warm-Up**

- Foot articulation
  - \*focusing on demi pointe and a full stretch without sickling
- Rotational strength and stretches
  - \*ex: side lying clam shells, pigeon, butterfly
- Beginner core work
  - \*ex: tabletop, roll down walk out to plank, slow roll downs while seated

#### **Barre (with two hands on the barre)**

- Prances in 1st position
- Demi and grand plié in 1st, 2nd, and 3rd position
- Port de corps towards the barre
- Tendu in 1st position to the front and side
- Dégagé in 1st position to the front and side
- Quarter rond de jambe à terre from front to side
- Grand battement at slow tempo to establish alignment (maximum 90 degrees)
- Introduce glissade to and from 1st position

**\*Stretch in between barre and center. Focusing on calves, hips flexors, hamstrings, outer glutes, and inner thighs.**

#### **Center:**

- Ballet runs with rotation
- Relevé and élevé in 6th and 1st position
- Introduce basic triplet step in 6th position (ex: polonaise)
- Tendu in 1st position to the front and side
- Temps lié from 1st position to the side
- Chassé from 1st to 2nd position
- Sauté in 1st position
- Sauté in 2nd position

## **Phase Two (January-June)**

\*in addition to Phase 1

### **Barre (with one hand on barre, two only when appropriate and no port de bra)**

- Port de corps to the front
- Tendu back from 1st position
- Dégagé back from 1st position
- Quarter rond de jambe à terre from side to back
  - \*begin practicing full rond de jambe á terre en dehors
- Rond de jambe en l'air en dehors at 45 degrees
- Relevé cou-de-pied
- Demi retiré on flat
- Slow frappé with flexed foot to the side
  - \*add frappé front at instructors' discretion
- Grand battement in 1st position to the back (maximum 90 degrees)
- Traveling piqué to cou-de-pied from the side (landing with feet together)

### **Center**

- Dégagé in 1st position to the front and side
- Relevé and élevé in 2nd position
- Add rotation to triplet step
- Échappé sauté from 1st to 2nd position
- Glissades from 1st position
- Pas de chat to and from 1st position
- Reverence

## **Ballet 3**

**Goal: Students must follow dress code and class start times. Exhibit excellent behavior and focus. Increase coordination, strength, and flexibility. Have a comprehensive knowledge of steps and positions taught at this level (vocabulary, order in class, etc.) Basic understanding of epaulement and ballet facings/directions. Be able to reverse basic combinations. Perform exercises at various tempos.**

### **Phase One: August-December**

#### **Body Positions**

- Feet in 1st, 2nd, 3rd, 4th, 5th, and 6th (on flat and relevé)
- Arms in 1st-5th (low, middle and high)

#### **Barre (with one hand on barre, two only when appropriate)**

- Demi and grand plié in 1st, 2nd, and 5th position
- Port de corps away from barre
- Sous-sus
- Tendu en croix from 1st and 5th position
- Tendu fondu
- Pas de cheval (to tendu)
- Cloche
- Dégagé en croix from 1st and 5th position
- Rond de jambe à terre en dedans
- Frappé en croix with flexed foot
- Add slow petit battement on flat
- Grand battement en croix from 5th position
- High retiré
  - \*add relevé at instructors' discretion
- Introduce 45 degree attitude positions

#### **Center**

- Tendu and dégagé en croix from 1st and 5th position
- Rond de jambes à terre
- Introduce 1st, 2nd, and 3rd arabesque with tendu
  - \*bring up to 45 degrees at instructors' discretion
- Balancé side
- Traveling piqué to sous-sus and retire
- Changement
- Soubresaut
- Glissades to and from 5th
- Assemblé dessus (over)
- Pas de chat to and from 5th position

## Phase Two (January-June)

\*in addition to Phase 1

### Barre (with one hand on barre, two only when appropriate)

- Start demi plié in 4th
  - \*add grand plié at instructors' discretion
- Cambré back
- Bourrée
  - \*move to center at instructors' discretion
- Temps lié in 5th position to the front and back
- Pas de cheval to dégagé
- Rond de jambes en l'air
- Introduce basic stretches at the barre (excluding arabesque)
- Fondu at 45 degrees on flat
- Slow petit battement on relevé
- Introduce passé
- 45 degree développé
- Soutenu relevé towards barre
  - \*begin practicing combos on the right side going straight to left
- Begin pas de bourrée side facing the barre

### Center

- Introduce en face, croise, and effacé with tendu and dégagé
- Pas de bourrée side
- Tombé pas bourrée
  - \*add port de bra at instructors' discretion
- Balancé front and back
- Waltz turn
  - \*add port de bra at instructors' discretion
- Piqué turn
- Piqué soutenu
- Small two-footed to one-footed jumps
- Ballonné
- Échappé sauté in all positions
- Échappé battu to 2nd position
- Traveling soubresaut
- Assemblé dessous (under)
- Temps levé arabesque, cou-de-pied, and retiré
- Chassé en tournant
- Chassé switching directions

## **Ballet 4**

**Goal: Students must follow dress code and class start times. Exhibit excellent behavior and focus. Increase coordination, strength, and flexibility. Have a comprehensive knowledge of steps and positions taught at this level (vocabulary, order in class, etc.) Execute musicality outside of even tempo. Demonstrate age appropriate levels of artistry and movement quality. Basic understanding of human anatomy and muscle groups as it pertains to ballet education.**

### **Phase One: August-December**

#### **Body Positions**

- Feet in 1st, 2nd, 3rd, 4th, 5th, and 6th (on flat and releve)
- Arms in 1st-5th (low, middle and high)

#### **Barre (with one hand on barre, two only when appropriate)**

- Port de corps with full port de bra
- Correctly transfer weight between both legs
- Fondu rond de jambe à terre and en l'air
- Rond de jambe jeté
- Grand rond de jambe at 90 degrees
- Intermediate barre stretches (including arabesque)
- Fondu at 90 degrees on flat
- Fouetté arabesque
  - \*add relevé at instructors' discretion
- Rond de jambes en l'air à la seconde at 45 degrees on flat
- Double frappé front and back
- Up to tempo petit battement
- Développé at 90 degrees
- Enveloppé at 90 degrees
- Balançoire
- Soutenu relevé away from the barre

#### **Center**

- Pas de bourrée front and back
- Picked up pas de bourrée
- Pas de basque
- Simple en face adagio
- Promenade in retiré
- Introduce 4th and 5th arabesque
- Single pirouettes
  - \*en dehors from 4th and 5th position, adding consecutive at instructors' discretion
- Single pirouettes
  - \*en dedans from 4th position

- Chassé relevé arabesque
- Piqué arabesque
- Balancé en tournant
- Jeté
- Emboîté
- Ballotté
- Basic sissonne
  - \*begin with fermée, move to ouverte
- Temps levé fouetté arabesque
- Traveling assemblé
- Grand pas de chat
- Saut de chat
- Grand jeté

## Phase Two (January-June)

\*in addition to Phase 1

### Barre (with one hand on barre, two only when appropriate)

\*taking exercises to center at instructor's discretion (ex: fondu, grand battement)

- Circular port de corps
  - \*en dehors and en dedans
- Relevé grand rond de jambe
- Rond de jambe en l'air à la seconde to relevé
- Frappé relevé
- Flic-flac
  - \*en dehors and en dedans
- Double frappé en croix
- Fondu relevé
- Double fondu
- Penché
- Fouetté devant
  - \*add relevé at instructors' discretion
- Fouetté turn preparation
- Grand battement on relevé

### Center

- Introduce ecarté front and back
- Promenade in attitude and arabesque
  - \*en dehors and en dedans
- Relevé développé
- Double pirouette
  - \*en dehors and en dedans
- Lame ducks



- Royale
- Entrechat quatre
- Échappé battu land in 5th
- Temps de cuisse
- Temps de poisson
- Temps de flèche
- Saut de basque
- Tour jeté
- Chassé coupé jeté
- Introduce more complex sissonne (ex: changé, failli, to relevé)

## **Ballet 5**

**Goal: Students must follow dress code and class start times. Exhibit excellent behavior and focus. Increase coordination, strength, and flexibility. Have a comprehensive knowledge of steps and positions taught at this level (vocabulary, order in class, etc.) Execute complex exercises with ease. Demonstrate advanced levels of artistry and movement quality. Detailed understanding of human anatomy and muscle groups as it pertains to ballet education.**

### **Phase One: August-December**

#### **Barre (with one hand on barre, two only when appropriate)**

\*legs move to higher levels as expected by instructor

- Triple frappé
- Serré
- Double frappé to tendu fondu
- Pirouettes to finish on one leg
- Penché on relevé

#### **Center**

- Tendu and dégagé changing facings
- Pirouettes from 5th position
  - \*working on doubles, adding en dedans
- Multiple pirouettes en dehors from 4th position
  - \*working on different port de bras
- Double piqué turns
- Double lame ducks
- Promenades in all positions
- Renversé
- Grand pirouettes in back attitude en dedans
- Fouetté turns
- Add battu (ex: jetés, assemblés, temps levé)
- Brisé
- Tour en l'air
- Sissonne simple en tournant
- Cabriole (front and back)
- Jeté en avant

### **Phase Two (January-June)**

\*in addition to Phase 1

#### **Barre (with one hand on barre, two only when appropriate)**

- Continue refining technique
- Focus on building stamina
- Add relevé when applicable

## Center

- Grand pirouettes in front attitude, back attitude en dehors, arabesque, à la seconde
- Traveling coda
- Italian fouetté
- Entrechat trois
- Entrechat cinq
- Entrechat six
- Volé
- Fouetté cabriole