

The Ballet curriculum is based on a graded syllabus. Placement is determined by the teacher upon evaluation of the student's progress and development according to ballet technique achievement. Each class level progresses through a carefully constructed syllabus for a steady technical and artistic development of the student. To ensure this progress, a minimum number of classes per week are required for each level. Progress is dependent upon regular and consistent participation. Students are encouraged to continue their dance studies year round, especially if they aspire to advance to Pointe work.

Jazz, Tap and other forms of dance also follow a curriculum. Placement is determined by the teacher upon evaluation of the student's progress. Each class has a set of required steps that need to be mastered before moving to the next level. Each level is divided into three sections:

**a. Technique:** In the Beginning levels, emphasis is on correct stance, body control and the coordinated use of the head, body and arms to gain a good sense of line. Dance movements are based on natural movements of the body, e.g. walking, running, skipping and jumping. The student is introduced to the French ballet terms. At intermediate and advanced levels, a wider range of physical movement is developed within the student's own capabilities, and the use of head, body and arms is increased to develop a greater variety in style. The dance movement vocabulary is increased to encompass more dance steps and required technique.

**b. Rhythm:** At beginning levels, the emphasis is on listening to, and being able to keep in time with the music. At the upper levels, the rhythm is developed from the understanding of simple time signatures such as 4/4 and 3/4 to more complicated compositions. At each level there is the opportunity for the student to explore the development of rhythm into movement in their own individual way.

**c. Presentation:** In the lower levels, the emphasis is on being able to present the syllabus with a natural sense of enjoyment which is gained by developing self-confidence to perform in front of others. As the student progresses through intermediate and advanced levels, they have the opportunity to communicate a growing variety of moods through both movement and expression to develop an artistic performance.

### **Ballet**

Classical ballet is the foundation of all dance forms. The student follows this carefully structured syllabus in accordance with his/her own physical and mental development. Advancement is made by ability and not necessarily by age. It is important to remember that body coordination is learned and some people need more time than others to accomplish the same skill. Because the accomplished ballet dancer performs not only the classics, but modern and contemporary works as well, jazz and tap classes are highly recommended.

**Barre:** The ballet barre is very important to develop balance, coordination and skill for the steps performed in the centre. Each level exercises at the

barre at every class. Depending on which ballet level you are in, the following steps are performed at the barre:

**Plies**

**Tendus**

**Dégagés**

**Rond de jambe à terre**

**Fondu**

**Frappes**

**Rond de jambe en l'air**

**Petite Battement**

**Pirouette**

**Attitudes**

**Développés**

**Relèves**

**Grand Battements**

**Grand Battements en cloche**

**Sauté**

## **Ballet I**

**Elementary ballet positions, terms, and ballet class etiquette is introduced including basic dance technique skills. The student must be able to spend 60-75 minutes in a structured class.**

Terms and movements to be learned and mastered before going into Ballet II.

Plies	Jeté - petite
Rond de jambe à terre	Arabesques à terre & en l'air
Passe	Grand Walk Balance - side Curtsey
Tendus	Dégagés
Attitude	Grand Battements
Sautés	Port de Bras
Pas de cheval	Pas de chats

**At the barre:**

Positions 1st -5th

Demi plié 1 st -5th

Grande plié 1 st -5th

Battement tendu from 1st

Dégagés from 1st Piqué

Passé

Elevé in all positions

Relevé in all positions Port de bras

Rond de jambe á terre (through 1 st position)

Sous-sus Grande battement

Arabesque

### **Center:**

Adagio (Passé into arabesque, ballet walks, etc)

Passé from 1st & 5th

Relevé 1st, 2nd, 5th

Pas de bourrée (back, side, front to 5th and to coupé)

Sauté 1 st, 2nd -5th

Échappé sauté (1st into 2 nd)

Changement

Balancé (side, back, front)

Révérence

Pirouette en dehors – preps and single (tendu to 4th demi-plié plié to passé)

### **Across the floor and from the corner of the room:**

Chaîné (step turn)

Grande jeté (straight leg leap)

Piqué passé Ballet walks (toe heel)

Pas de chat

Glissade

Chassé

### **Ballet II**

Students may remain in this level for at least two years. Students are required to attend Ballet class twice per week. **Advancement to Ballet III is based on ability, physicality, and knowledge of basic ballet terms and positions.** Terms and movements to be learned and mastered before going into Ballet III. Dancers will continue to execute movements learned in Ballet I and add the following terms and movements in class.

**At the barre:**

Détourne´

Échappé relevé

Coupé

Cambré

Grande rond de jambe en l'air

Rond de jambe en l'air

Développé

Passé relevé

Circular port de bras

Dégagé from 5th Temps lié

**In the center and across the floor:**

Port de Bra

Pique - arabesque

Pas de Bourrée

Piques - (no turn)

Pas de Basque

Pas de chat

Arabesque - 1 st, 2nd, 3rd

Grand Jeté

Glissades

Tempe levé

Pirouette - 3 rd position only

Assemble

Tempe lie front / back / 2 nd

Jeté ordinaire

Grand Allegro

Balance - side / front/ back

Grand Walk w/arabesque

Chaînés (no arms)

Bourrée Soubresaut

Singles and 1 ½ pirouettes en dehors from 4th and 5th

Échappé sauté (5 th into 2 nd)

Body positions

1. Croisé devant

2. Croisé derrière

3. A la quatrième devant

4. A la quatrième derrière

5. Écarté devant

6. Écarté derrière

7. Effacé devant

8. Effacé derrière

9. à la seconde

Sissonne fermée (landing closed in 5th on 2 feet)

Piqué tour en dedans

Piqué arabesque

Alternating chasse Jeté

### **Ballet III**

At least three years of ballet experience is required. Students are recommended to attend Ballet III three to four classes per week. **Students may stay in Ballet III for 2 to 3 years.** Advancement is based on strength, endurance, knowledge of French ballet terms, proper ballet posture and execution of steps at the barre and in the center. Terms and movements to be learned and mastered before going into Ballet IV. Dancers will continue to execute movements learned in Ballet I, II, and adding the following terms and movements in class.

### **At the barre:**

Frappé

Frappé en demi-pointe (foot pointed)

Sur le cou-de-pied

Attitude

Fondu

Balançoire

Head positions

**In the center and across the floor:**

Port de Bra - alignment

Pirouette - 4 th position

Pirouette - inside

Arabesque - combos

Adage - (very simple)

Tour Jeté

Emboite Sissonnes - fermée front only

Bourrée

Piques

Pas de basque

Tombé

Promenade

Contretemps

Soutenu

Assemblé

Échappé sauté battue

Pirouette en dedans single and en dehors doubles from 4th and 5th

Promenade (arabesque, attitude)

Balancé en tournant

Pas de bourrée en tournant

Waltz turns

Body positions

1. Épaulé devant

## 2. 2. Épaulé derrière

Sissonne: Landing open on one foot (front, back)

Sissonne fermée (landing closed in 5th on 2 feet)

Saut de chat

### **Ballet IV**

Students must have at least three years of serious ballet training. **Students are required to attend 4 classes per week.** An emphasis on proper ballet posture, strength, endurance and intermediate level positions are required for this level. A strong commitment and level of maturity is desired.

Advancement to Pointe is based on age, physical development and strength, and an individual evaluation by the teacher and director.

Terms and movements to be learned and mastered before going into Ballet V.

Dancers will continue to execute movements learned in Ballet I, II, III, and adding the following terms and movements in class.

### **At the barre:**

Fouette prep and tour

Frappé en demi-pointe (foot flexed to pointed)

Arabesque relevé

Attitude relevé

Frappé battue

### **In the center and across the floor:**

Centre - All steps from Ballet III

Coupe

Fouettes raccourcis

Pirouette - combos

Grand Jeté

Grand Pas de Basque

Sissonnes - ouverte & seconde

Entrechat quatre

Royale Soutenu

Double piqué tour en dedans

Saut de basque

Fouette sauté

Temps levé

Piqué arabesque tour

Piqué attitude tour

Royale

Cabriole

Assemblé battue (beaten)

Entrechat Double pirouette en dedans and triple en dehors from 4th and 5th

Emboîté

### **Ballet V**

Training intensifies with a significant command of the ballet vocabulary along with a greater demand physically. Students are required to attend 4

classes per week. Students will be asked to dance on Pointe for longer durations.

Terms and movements to be learned and mastered before going into Ballet VI.

Dancers will continue to execute movements learned in Ballet I, II, III, IV, and adding the following terms and movements in class.

**At the barre:**

Batterie

**In the center and across the floor:**

Centre - All steps from Ballet IV

Fouette tour

Lame duck

Penché

Entrechat cinq

Ballonné

Manégé

Tour jeté

Balance on one foot without the barré en demi pointe holding the opposite leg in different positions (passé, arabesque, attitude front, side or back)

Allegro Ballet Pirouettes - attitude/arabesque

Faillis and tombé

Grand Assemble - avant & arrière

Saut de basque

Ballonne

Ballotte

Cabriole Emboite - turn

Pique - lame duck

Entrechat cinq & trois

### **Ballet VI**

The goal of this level is to nurture and develop dancers with the technical skills and artistry required for a professional career as a dancer and/or preparation for a major/minor in dance at the college level. **Students are required to attend 4 to 5 classes per week.**

Terms and movements to be learned in Ballet V.

Dancers will continue to execute movements learned in Ballet I, II, III, IV, V, and adding the following terms and movements in class.

### **At the barre:**

Adagio

Fondu relevé

Hand and heel stretch

### **In the center and across the floor:**

Centre - All steps from Ballet V

Fouette

Fouette tour to other landing positions (4th , lunge, knee...etc)

Grande pirouette à la seconde

Penché Triple piqué tour en dedans

Brisé

Pas faille

Tour jeté landing to other positions (4 th , lunge, knee... etc)

Renverse

Pirouette à la seconde

Pas de bourré coure

Temps de fléché

Brisé Vole

Jeté en tournant

Temps de cuisse

Tour en l'air Brisé