

PRE-BALLET (ages 4, 5, and 6)

4 year olds have a short attention span; don't try to clean a lot at one time. Just repeat the same things in each class and they will enjoy the security of knowing the tasks and will eventually make improvements in their own time due to repetition. Things must move fast or they will start taking over the class on their own. It is best to keep this class in a small room so that the teacher can quickly get to each student if she needs to.

Floor:

1. Sit with legs crossed, check for straight back and long necks. Think of wearing a crown and being very tall.
2. Port de bras: 1st, 5th, and open to 2nd (1st port de bra)
3. Legs out in front, straight, flex and point the feet, flex and open the toes to 1st.
4. Toe touches.
5. Knees up, hug knees, flag pole, one leg and both legs up, flex and point the feet and circle the foot.
6. Yoga sit: (make s'mores) butterfly wings, nose to toes and do roll-a-round.
7. Legs out to side, nose to right knee and then to the left knee and on the floor, flex and point the feet.
8. On backs: développé front and side and kicks
9. On tummies: touch toes to back of the head and lift arms and legs in an arch for 8 counts.

Barre:

1. Plié: start in 1st and close and open the feet and do 1 demi=4 counts, slowly do 4 times and then relevé with arms to 5th repeat in 2nd position.
2. Tendu: from 1st position to 2nd with flex and point. When it is with straight knees then add turn out. You can add front and back.
3. Dégagé: is done with a push off the floor to the side for level 2 (older pre-ballets)
4. Rond de jambe: 1/4th (front to side and later side to back) all closing in 1st position. Later add arabesque and balance on flat (just en dehors until level 3).
5. Passé: point with the toe to the ankle and then up to the knee and balance (flat and later relevé).
6. Frappé: start with flexed foot and brush the floor in 2nd only (this is only for level 2's mid year).
7. Grand Battement: 4 counts to 2nd. Later front and back (this is more for level 2)

Center:

1. Jumps: 1st plié, straighten, relevé, down, plié, sauté hold landing in plié and straighten. Add 2nd jumps, and then add 1/4 turns to right and left. Add échappé and sauté échappé after awhile. Add Pas de bourrée from 1st position.
2. Hops in coupé back 8, 8, 4, 4, 2, 2, 1, 1, 1, 1.
3. Tendu 2nd and piqué, piqué close 1st and passé with arms 5th balance (add pas de chat 1st).
4. Slowly learn chassé in 2nd position, watch knees out to side backs stay up.
5. 3 step turns and stop each in 1st position.
6. From the back to the front of studio with skips forward and backward with claps on each hop.
7. Polonaise, up up down and brush, add prances
8. Step together step hop
9. Gallops (no heels down)
10. Ballet walks with arms in 5th and point toe front arms open 2nd.
11. Run run jump on 2nd foot (over things) then leaps.

Concentrate on posture, co-ordination, balance and enjoyment of class. Curtsey at the end.

LEVEL 3 BALLET (ages 6 and 7)

Start the first 10 minutes of class for the first quarter with some floor work from pre-ballet. Then move to barre. Barre work starts with 2 hands and gradually into one hand at a time.

Barre:

- Plié: in 1st, 2nd, 3rd, and with grand plié and relevé balance.
- Tendu: from 1st, 2nd with flex and point and add front and back. Later add 3rd.
- Degage: from 1st, 2nd and add front and back with piqué, later from 3rd.
- Rond de jambe: from 1st in 1/4s then full in 8 counts then 4 counts en dehors and en dedans.
- Passé and Frappé: in 2nd and with balance on relevé, later learn front and back.
- Développé: in 2nd
- Grand Battement: 4 counts in 2nd and later front and last to the back.

Center:

- Slow sauté in 1st, 2nd and 3rd with changement ¼ and ½ turns en l'air
- Chasé slowly from 1st later from 3rd
- Prep for pirouette and pas de bourrée in 1st and later 3rd
- Échappé and with sauté, pas de chat, assemblé
- Balancé, and soutenu turn, glissade
- Chaînes very slowly

Corner:

- Skips with claps forward and backward
- Heel toe step together step hop
- Prances
- Ballet walk
- Step sauté arabesque
- Polonaise
- Leaps

Always do reverence

LEVEL 4 (minimum age 8—there may be exceptions)

Barre:

- Plié: demi and grand in 1st, 2nd, and 3rd positions. Use arms with plié and port de corps discussed and taught separately. 4th and 5th positions of the feet should be added to all ballet work in winter quarter and will need to be taught with 2 hands on the barre just to check placement.
- Tendu and Dégagé: en croix from 1st then 3rd and last from 5th go slowly push and pull against the floor.
- Rond de jambe: 8 counts then 4 counts en dehors and en dedans, add port de bras
- Frappé: facing the barre teach sur le cou-de-pied, use passé and jeté in these combinations.
- Battu: out in x 8, and in and in x 4 and serré end with balance
- Développé: start with 2 hands on the barre and explain hip placement also do on floor a few times. Later one hand.
- Grande battement: start with 2 hands and go to one hand later.
- Temps levé, assemblé, glissade, pas de chat, sissonne.

Center:

- Dégagé: 1st and later 3rd with port de bras
- Sauté: 1st and 3rd and later 5th with changement

- Échappé and sauté échappé, later 4th position
- Jeté, temps levé, assemblé, pas de chat, sissonne (teach jumps on 2 feet first, jumps that land on 1 foot teach later when the class understands knees over toes—use of plié and straight backs), pirouette prep from 1st and pirouette from 1st, later 3rd, soutenu turns, chaînes.

Corner:

- Step sauté arabesque with second arabesque arms
- Heel toe polka
- Polka with ½ turn on hop so ½ is done backward
- Traveling balancé, feet in front and turning balancé
- Prances with arms in en haut
- Mazurka

Always finish class with bow and they should learn to clap for you and you applaud them (we hope they will deserve it).

LEVEL 5 (Must have 1 or 2 years ballet)

Barre:

- Plié: with port de bras and port de corps and head follows the hand and relevé balances
- Tendu: 2 counts, 1 count, and later ½ counts, use the change of weight from one foot to the other and the ¾ point, push and full the foot against the floor. Start closing into plié and pull legs together when straight.
- Dégagé: push off and stop action close and hold. Use piqué with the entire leg working, flex, point to check turn out, add plié and do fast from 1st with arms in 5th.
- Rond de jambe: 2 counts, 1 count, and with dégagé in 8 counts and 4 counts. Add Rond de jambe en l'air if they are ready.
- Frappé: 2 counts, 1 count, and maybe ½ counts with battu and serré, and with plié and relevé all with brush
- Développé: in 8 counts very simple and use attitude, start some extra work on arabesque facing the barre and plié and lift and balance.
- Grand Battement: keep simple, try an up-tendu-close, and sometimes in 2 counts and when it gets messy go back to 4 counts (tendu-lift-tendu-close).
- Facing the barre: continue working on jeté, temps levé, assemblé, and sissonne, and add jump combination 2nd-beat 2nd-beat 2nd-beat close in 5th as prep for beats. Also good to start turns facing the barre and finishing turns on relevé with a balance. Also start prep for piqué turns traveling along barre with no turn.

Select your barre work to not last more than 40 minutes as the students get restless if not given a chance to dance.

Center:

- Adagio: very simple, start with 1st position grand plié-relevé -balance-tendu close or similar. Use port de bras and port de corps. Do front, side, and back.
- Next go for good slow glissade, sissonne, assemblé, pas de chats, jeté, pas de bourrée (simple, piqué and with turns), balancé, pas de basque (forward and backward). Also work on changement, échappé (4th and 2nd) and with sauté.
- Work on 5th and 4th position en dehors pirouette and chaînes should be getting tighter.

Corner:

- Prep for piqué turns, chaînes, chassé in 4th croisé, and chassé sauté arabesque, glissade pas de chat, all to 5th. Brush-up-up (polonaise) ½ turn brush back step up-up ½ turn, grande jeté.

Set a bow and do it to end each class and remember to clap.

LEVEL 6 AB (around 10 years old)

Barre:

- Concentrate on arms and heads, heads, heads. Pulling up on the knees not pushing back, weight out of the heels, inner thigh leading out to open the leg. Start to push extension always bring the leg up to the body. Add rond de jambe en l'air, double frappé if not done yet, and dégagé and frappé with relevé.
- Finish barre with jumps and entrechat quatre and royal, jeté battu later (still use level 5's jumps in 2nd combination).

Center:

- Adagio: croisé devant and derrière, devant, 2nd, and derrière with développé and arabesque promenade. Port de corps and connecting movement are added.
- Allegro: now learning assemblé and sissonne forward and backward and assemblé turns and pas de basque with turns and pas de bourrée over and under, and 4th en dedans and en dehors pirouette with arms en haut.

Corner:

- Piqué turns and soutenu turns, and chaînes, pas de basque-balancé turns and low arabesque turns, add tour jeté, and grande jeté for big jumps.

Try to get an adagio, turn combo, and an allegro and something from the corner each class and once a week a stretch even if it's the splits or a floor stretch. Try making one day a long barre and the second class of the week a short barre with the emphasis on center work.

LEVEL 6 CD (pre-point class)

Barre: Same as 6AB add relevé to everything and a balance for each finish. Fouetté to the développé, and more shifts of weight from one foot to the other. End barre with jumps adding battu to assemblé brisé and cabriole.

Center: Same as 6 AB but add relevé to the adagio, double pirouette from 4th and 5th en dehors, teach demi-contretemps, temps de cuisse, emboité in place and soubresaut, jeté devant and derrière as well as glissade if they haven't done it yet. Sissonne change and landing ouvert with assemblé fermé.

Corner: teach sauté de basque continue work on piqué turns and big jumps

For students to go on to point they must be 11 and have at least 3 years of ballet, straight backs, pulled up knees, and knees over toes on plié, able to stretch feet and knees in air on series of small jumps. Able to place the shoulder, hip, and knee in a line over the center of demi plié and toes in line with knee when pointed.

LEVEL 7 (First year of point)

Barre: Demi plié lift heels, straighten knees roll down and relevé should be added with lots of straight leg relevé keeping the knees lifted. Double and triple frappé in all directions. Grand battement cloche and balançoire. Double rond de jambe en l'air and penché arabesque.

Center: All positions of the body should be taught and used. Battu should be used on the repeats of combinations with jeté and assemblé. All pirouette should be working on doubles.

Corner: Emboité with turns and with piqué fouetté from second to derrière and later devant to derrière.

Pointe: At barre last 30 minutes of one class a week. Slow plié relevé and balancé, pas de bourrée, échappé, sous-sus, and passé, piqué, slow bourrée then fast then travel and turn, later add plié roll up and plié spring up to pointe on one foot. When ready do two foot things in center then pas de bourrée and bourrée with port de bras.

They must be secure on pointe in center to go on to level 8.

LEVEL 8

This year they should clean up and get strong. By the end of the year they should have all double turns, 90 degree extension, piqué turns (arms down or en haut), piqué in a circle, brisé across the floor done well, add attitude turns, arabesque turns and 2nd turns. Center done on pointe at least once a week. Double pirouette in 4th and 5th en dehors, single pirouette in 4th en dedans.

LEVEL 9

The entire class can be taken on point at least once a week. Double turns on pointe. Combinations on double and single piqué turns and piqué emboité turns on pointe. Place relevé arabesque 16 times on one foot or the other. Run on pointe.

LEVEL 10

The class has 90 and above for extension, working on triple pirouette, double sauté de basque, 32 fouetté turns, 32 place relevé arabesque on either foot, and attitude turns. A very strong class.