

Ballet I Curriculum

Floor Work:

(non-weight bearing muscle engagement)

1. Basic posture
 - a. abdominal
 - b. spinal alignment (upper and lower)
 - c. hamstrings
2. Knee cap pull-ups – to engage vastis med. and quads
3. Foot exercises – for working through all foot positions
4. Stretching
 - a. hamstrings
 - b. lower back
 - c. hip joints (for turn-out)
5. Discovery and use of turn-out
6. Coordination of limbs

Coordination Exercises:

(in center, hands on hips and feet in 6th position)

1. Foot peels: ball of the foot presses in alternation
2. Marches
3. Learn 1st position
4. Stepping (walking) through natural 1st position
5. Running (through natural 1st position)
6. Repeat marches and stepping with natural arm positions
7. Non-balletic straight arm positions to the side and overhead

Port De Bras:

1. Hand gestures such as, “finger dances” and “making hearts” or “stroking the cat” for dexterity
2. En bas
3. En avant
4. En haut
5. Demi-bras

Ballet I Curriculum

Mime:

(basic gesture)

Examples: “I” “you” “love” “here” “to dance” “please” “come here”
“to see” “no” “yes” “faraway”

Include very basic bow and curtsy (back foot en demi pointe) and “offering” arm position and movement (demi-bras with palms turned up)

Barre Work:

(facing barre with both hands on barre in 1st position)

1. Standing at barre: proper distance and shape of arms plus how to bring arms up onto the barre and back down to en bas position
2. Relevé in 6th position
3. Practice 1st position/alternating with 6th position
4. Learn 2nd position
5. Practice 2nd position alternating with hip rotations to 2nd turned-in (turn-in, turn-out through 1/3 relevé) learning to pivot on ball of foot
6. Battement tendu de côté (to the side)
7. Demi-plié in 1st position
8. Demi-plié in 2nd position
9. Double battement tendu de côté: tendu and lower heel to 2nd position then tendu same leg and close back to 1st position – preparing for the 3 changes of weight (posé, chassé, and temps lié)
10. Double battement tendu adding a plié in 2nd position
11. Battement tendu with flex à terre de côté: slide leg de côté keeping heel on floor to 2nd position then pick up the toes to a flex position with heel still in contact with floor. Now roll through foot back to 2nd position again and slide same leg back to 1st position
12. Cambré de côté
13. ½ Cambré en avant: with back to barre so that back is parallel with floor like a table top
14. Chassé de côté but closing same leg back to 1st position again (all about weight changing)
15. Head turning exercises

Ballet I Curriculum

Center Work:

1. Demi-plié in 1st and 2nd positions: hands on hips, repeat with arms held en bas and en avant
2. Battement tendu de côté: hands on hips then later arms held en bas and en avant
3. Double tendu de côté: with and without plié in 2nd position (hands on hips)
4. Skips
5. Chassé coupé de côté
6. Polka
7. Triplets: waltz $\frac{3}{4}$ walks en diagonale and in different floor patterns, add brush (waltz prep)
8. March
9. Simple polonaise walks: without brush, hands on hips en diagonale and later in different floor patterns and mixed with simple port de bras
10. Chassé coupe de côté: through 6th position (hands on hips)
11. Consecutive sautés: in 6th position (hands on hips)
12. Sauté in 1st position (pausing after each set of one)
13. Sauté in 2nd position (pausing after each set of one)
14. Échappé: from 1st to 2nd position (hold), then from 2nd to 1st position (hold)

Ballet I: Second half of academic year

Repeat previous material and add:

Port De Bras:

1. Vertical passing through 1st en avant from en bas or 5th en haut
2. 5th en haut ouvert (open slightly like pushing the “clouds” away)

Barre Work:

1. Battement tendu devant
2. Relevé in 1st and 2nd positions (turned out)
3. Sur le cou-de-pied
4. Posé de côté (changing weight to opposite side)

Ballet I Curriculum

5. Chassé de côté (changing weight to opposite side)
6. Tendu en plié de côté in 4 movements: demi plié, tendu en plié, close to 1st position en plié, straighten up
7. Tendu de côté (later devant as well) mixed with demi-plié in 4 movements: tendu, close demi-plié, straighten up
8. Temps lié de côté
9. Développé à terre (through sur le cou de pied): de côté and devant
10. Enveloppe à terre (through sur le cou de pied): de côté and devant

Center Work:

1. Tendu devant
2. Polonaise walks: now incorporating tendu devant (holding) position
3. "Spring pointes" jumps