

# Ballet Content and Mastery

## *Intro to Dance*

*All men should be able to do 15 full push ups with elbows in by the end of the year. Women should be able to do the same with knees down, or they may hold the plank position at your discretion.*

## **Barre:**

### Plies:

Start with just demi plies facing barre in 1<sup>st</sup> and 2<sup>nd</sup> position. Add 5<sup>th</sup> position (no 3<sup>rd</sup>)  
Progress to demi's with one hand on the barre; introduce 4<sup>th</sup> position and port de bras (cambre)  
Progress to grande plies with one hand on the barre in 1<sup>st</sup>, 2<sup>nd</sup>, and 5<sup>th</sup> position

### Tendus:

Start facing barre doing en croix  
Progress to one hand on the barre and in 1<sup>st</sup> position, arm on hip or in 2<sup>nd</sup>  
Progress to using correct port de bras with tendus  
Progress to tendu and close, demi and stretch  
Progress to tendu close to demi plié and tendu from demi plié  
Progress to the above in 5<sup>th</sup> position  
Progress to tendu from 5<sup>th</sup> to demi plié 4<sup>th</sup> or 2<sup>nd</sup> to tendu and close 5<sup>th</sup>

### Degages:

Start facing barre in 1<sup>st</sup>, tendu – lift – tendu – close en croix  
Progress to degage encroix and consecutive degages side  
Progress to one hand on the barre  
Progress to using correct port de bras  
Progress to 5<sup>th</sup> position  
Progress to adding demi plies to the combination (as in tendus)  
Progress to transferring weight to 4<sup>th</sup> and 2<sup>nd</sup> (as in tendus)

### Rond de jambe:

Start facing barre in 1<sup>st</sup> position and doing 1 or 2 cts in each position, progressing to the next position en dehors and en dedans  
Progress to 2 ct rond de jambs en dehors and en dedans  
Progress to normal rond de jambs  
Progress to starting in 5<sup>th</sup> position  
Progress to one hand on the barre with 4 ct then 2 ct rond de jambs, arm in 2<sup>nd</sup>, add port de bras (cambre)

Progress to regular rond de jambe with arm in 2<sup>nd</sup>

Grande battement:

Start with back to barre holding on with feet in 1<sup>st</sup> position. Tendu front-lift-pointe-close

Progress to same facing the barre with leg in back

Progress to 5<sup>th</sup> position

Introduce in a la seconde at the same time, but with one hand on the barre doing it in 1<sup>st</sup> position and then progressing to 5<sup>th</sup> position at the same time you do this front and back

Simple releve, eleve, and/or sauté exercises

**Center Work:**

Learning and reviewing the five positions of the arms and feet

Basic port de bras (up through first, down through seconde)

Body directions – croise, enface, a la seconde (more if appropriate)

Simple movement concepts – skipping, hopping (on one or two feet), leaping (from one or foot to the other), chasse, spotting, releve (sprung), eleve (pressed)

Character steps – triplet, polka step, paddle turns, pas de bourree (turned in)

These are to allow the experience of moving and combining steps while the ballet vocabulary is still limited.

**By the end of the year, students should know:**

Changement

glissade

chasse side and front

balance

coupe

pas de bourree dessous (under)

saute

echappe releve and sauté in a la seconde

pique, releve, and sauté arabesque

developpes front, side, and back

sotenu turn,

basic chaines,

pique turns en dedans

preparation for and mechanics of en dehors and en dedans pirouettes

possibly:  
tombe pas de bouree  
Grande Jete

Students should be able to execute an 8 count or simple 16 count combination that combines from 2 to 4 elements.

**OVERVIEW:**

Class consists of  
Barre:

Plies  
Tendus,  
Degages  
Rond de jambes  
Passe/developpe/  
Grande battement  
Releve/sauté exercise

Centre:

Adagio/port de bras

Learning new steps – can be early in the centre in the beginning and as they learn more steps, they can practice the steps they have already learned individually and in combinations and then learn new steps more towards the later part of class.

Pique and releve exercises  
Moving steps/combinations  
Allegro steps/combinations  
Reverence

## **Level One**

*Student should know, be able to execute, and/or thoroughly understand the steps and concepts of Intro to Dance.*

*Combinations at barre and centre should continue to be simplistic and to the point.*

*All men should be able to do 20 push ups with elbows in by the end of the year. Ladies should be able to do 10 with elbows in by the end of the year. All students should be able to hold a plank in the correct alignment for 30 seconds.*

### **Barre**

#### Plies:

Demi's and grandes with port de bras.

#### Tendus:

In all directions with appropriate port de bras. (Emphasizing correct transitions)  
Into and out of plies.

#### Degages:

Same as above and increasing in speed

#### Rond de jambe:

With various tempos, port de bras  
With developpes, fondus  
Progress to some releve and balances

#### Grande battement:

En croix and with appropriate port de bras

#### Frappe:

Start facing the barre in 1<sup>st</sup> position, tendu side-place the cou de pied-tendu side-close  
Progress to tendu side, cou de pied, frappe frt, cou de pied, frappe side, cou de pied, frappe back, close. Same leg frappes starting from back.  
Progress to one hand on the barre and from 5<sup>th</sup> position  
Progress to petite battement

Releve, eleve and saute exercises.

## **Center**

Should know all body positions.

Developpe front side and back  
arabesques (1st, 2nd, 3rd, 4th)  
Pas de bourree over and under with degage  
Chasse tours  
Entrechat quatre  
Assembles front and back  
Glissade  
Jete  
Grande jete  
Saute chat  
Pas de chat  
Pirouette en dehours  
Pique, releve and saute arabesques

Possibly:

Fondu  
Attitude

## **OVERVIEW:**

Class consists of  
Barre:

Plies  
Tendus,  
Degages  
Rond de jambes  
Passe/developpe/fondu  
Grande battement  
Frappe/petite battement  
Releve/sauté exercise

Centre:

Adagio/port de bras

Learning new steps – can be early in the centre in the beginning and as they learn more steps, they can practice the steps they have already learned individually and in combinations and then learn new steps more towards the later part of class.

Pique and releve exercises

Moving steps/combinations

Allegro steps/combinations

Reverence

## **Level Two**

Push Ups and Core Work for all students

Student should know, be able to execute, and/or thoroughly understand the steps and concepts of Level One Ballet.

## **Barre**

### Plies:

Demi's and grandes in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position with port de bras and cambres in various combinations

Progress to some 1<sup>st</sup> and 5<sup>th</sup> position balances

### Tendus:

In 1<sup>st</sup> and 5<sup>th</sup> position with appropriate port de bras (emphasizing arm position and transitions) into and out of plié, in plié on one leg, transferring weight to 4<sup>th</sup> and 2<sup>nd</sup> position through straight legs and in plié

### Degages:

Same as above plus consecutive degages to a la seconde from 1<sup>st</sup> and 5<sup>th</sup> position

Add piques

### Rond de jambe:

Using various tempos from very slow 4 ct rond de jambes to regular 1 ct rond de jambes with appropriate port de bras (simple) and cambres.

Progress to incorporating developpes, fondus and attitudes into these exercises

Progress to some 5<sup>th</sup> position then retire balances

Introduce slow fouette on flat

### Rond de jambe en l'air:

Start with degage side – retire – open side – close

Progress to en dehors and en dedans action presenting only one at a time

Grande battement:

En croix with appropriate port de bras

Progress to adding developpes/fondus/attitudes/ enveloppes

Frappe/petite battement

En croix frappe with “flexed” and pointed foot

Progress to a better understanding of petite battement

Simple eleve, releve and/or sauté exercises

**Center**

Review body and arm positions and basic port de bras movement

Body directions – add efface, ecarte, epaule if not already known. Add one at a time and thoroughly know them before going on.

Centre should begin with either an adagio of at least 16 counts or a tendu combination.

Students should know all or most of the work outlined in basic.

**OVERVIEW**

Students should have exposure to:

Extensions in plié at barre and centre

Attitude front and back at barre and centre later in the year

Promenades at the barre/perhaps in the center

Glissade change, glissade en avant and en erriere, glissade through 4<sup>th</sup> position

Pas de bourree dessus (over)

Pas de bourree front and back

Tombe pas de bourree in efface (not in a la seconde)

Tombe

Waltz turn

Balance front and back

Pas de Basque

Barre:

Plies w/ port de bras

Tendus

Degages

Rond de jambe with port de bras and developpes  
Rond de jambe en l'air simple  
Grande battement  
Frappe/ simple petite battement  
Releve/sauté exercise

Centre:

Adagio  
Tendu, grande battement, pirouette, or releve exercise  
Waltz/moving combination  
Preparation for jumping  
Petite allegro  
Grande allegro  
Reverence

All of the above can be combined in different ways to accommodate class time. The order of the barre can be different as to where you put frappe/petite battement and whether you do an adagio at the barre. Order of the centre has leeway, also, depending upon what you are working on in class.

### **Level Three**

#### **Barre**

Barre: exercises are done with one hand on the barre except where the teacher feels it is beneficial to face the barre

#### Plies:

Demi's and grandes in 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> position with port de bras and cambres in various combinations  
Balances in all positions

#### Tendus:

In 1<sup>st</sup> and 5<sup>th</sup> position with appropriate port de bras (emphasizing arm position and transitions) into and out of plié, in plié on one leg, transferring weight to 4<sup>th</sup> and 2<sup>nd</sup> position through straight legs and in plié

#### Degages:

Same as above plus consecutive degages to a la seconde from 1<sup>st</sup> and 5<sup>th</sup> position  
Add piques

#### Rond de jambe:

Using various tempos from very slow 4 ct rond de jambes to regular 1 ct rond de jambes with appropriate port de bras (simple) and cambres.

Progress to incorporating developpes, fondus and attitudes into these exercises

Progress to some 5<sup>th</sup> position then retire balances

Introduce slow fouette on releve

#### Rond de jambe en l'air:

Start with degage side – retire – open side – close

Progress to en dehors and en dedans action presenting only one at a time

Progress to en dehors and en dedans in the same exercise

Progress to adding developpes/fondus/attitudes into these exercises

#### Grande battement:

En croix with appropriate port de bras

Progress to adding developpes/fondus/attitudes/ enveloppes

#### Frappe/petite battement

En croix frappe with “flexed” and pointed foot

Progress to a better understanding of petite battement

Progress to double frappes

Progress to adding some plié and releve action in a simple manner

#### Simple eleve, releve and/or sauté exercises

### **Center**

Review body and arm positions and basic port de bras movement

Body directions – add efface, ecarte, epaule if not already known. Add one at a time and thoroughly know them before going on.

Centre should begin with either an adagio and a tendu combination of at least 16 counts.

### **OVERVIEW**

Fouette on flat and releve both at the barre. Perhaps in the center towards the end of the year.

Students should have exposure to:

Extensions in plié at barre and centre

Attitude front and back at barre and centre

Promenades at the barre/perhaps in the center

Glissade change, glissade en avant and en erriere, glissade through 4<sup>th</sup> position

Pas de bourree dessus (over)

Pas de bourree front and back

Tombe pas de bourree in efface (not in a la seconde)

Tombe

Waltz turn

Balance front and back

Pas de Basque

Ballonne side

Sissone to arabesque

Assemble simple

Emboite

Fouette on flat at barre and centre

Pirouettes en dehors and en dedans

Men: preparation for tours and tours

Barre:

Plies w/ port de bras

Tendus

Degages

Rond de jambe with port de bras and developpes

Rond de jambe en l'air with fondu and developpe

Grande battement

Frappe/petite battement

Releve/sauté exercise

Centre:

Adagio

Tendu, grande battement, pirouette, or releve exercise

Waltz/moving combination

Preparation for jumping

Petite allegro

Grande allegro

Reverence

## **Level Four**

Student should know, be able to execute, and/or thoroughly understand the steps and concepts of Beginning Ballet.

Combinations at barre and centre should continue to be simplistic and to the point.

Push ups and core work for all students.

### **Barre**

Plies:

Demi's and grandes with port de bras. May add 4<sup>th</sup> position and releve balance

Tendus:

In all directions with appropriate port de bras. (Emphasizing correct transitions)

Into and out of plies.

Transferring weight.

With chasse to position.

With degages

Degages:

All of the above

Increasing speed

Rond de jambe:

With various tempos, port de bras

With developpes, fondus, attitudes

Progress to grande rond de jambe en l'air

Progress to some releve and balances

Rond de jambe en l'air:

Progress to double rond de jambe

With developpes, fondus, releves

Grande battement:

En croix and balancoire with appropriate port de bras

En releve

In plié

Frappe/petite battement:

En croix and different patterns with "flexed" and pointed foot

With doubles

With plies, releves and coupes

**Centre for Intermediate:**

Should know all body directions

Steps/movements you could add:

Penche

Attitudes and arabesques in plié

Promenades in plié

Failli

Pas de bourree over and under with degage

Chasse tours

Entrechat quatre

Ballonne in all directions

Ballotte

Sissone in all directions

Grande pirouettes (arabesque, a la seconde, attitude, en dhors and en dedans)

Assembles front and back

Emboite turns

Saut de Basque

Chasse coupe jete

Fouette releve and sauté

Grande pas de chat with developpe with first leg

Contretemps

Temps de cuisse

Brise

Gargouillade vole

Men: tours