

Beginning 2 Ballet Syllabus

General Goals: beginner ballet skills and teaching ballet technique

Skills taught:

- Hop
- Run
- Jump
- Walk
- March
- Gallop
- Skip
- Port de bras (Movement of Arms)
- Piqué & Spring Points
- Soutenu turn or Détourné (Cross over Turn)
- Chassé in 2nd (side)
- Balance (Center or at Barre)
- Weight changes/shifting weight
- Rhythm and keeping time
- Controlled body movements
- Pointing and flexing feet
- Tendu
- Changement
- Step passe
- Pivot
- Reverence - Curtsey
- Chassé Devant (front, single foot lead and alternating)
- Bourrées and bourrée turns
- Rond de Jambe
- Plié - Demi and Grand
- Échappe Sauté (2nd to 1st)
- Sauté (to jump) & Soubresaut
- Battement
- Passe & Retiré
- Arabesque en terre & en l'aire (on floor and in the air)
- Barre work
- Grand Jeté (Brush Leap)
- Waltz step or balancé
- Temps Leve (hop) = step hop arabesque

Skills introduced:

- Pas de Bourrée
- Pas de chat
- Dégagé
- Ballet runs
- Glissade
- Compass turns (with bent or straight leg)
- All 5 ballet positions- arms and legs
- Petit Jetés (switching feet)
- Ballet terminology
- Piqué turns
- Turnout from Hips in all positions
- Chaîné turns – 3 step turn
- Splits and stretching
- Développé & Attitude
- Pirouettes - inward & outward

Classroom Etiquette:

- Entering class ready to dance and on time
- Ready to warm up
- Ballet shoes on, hair pulled back, no gum
- Using the bathroom before class only
- Raising their hands before sharing with the teacher or the class
- Trying all new moves introduced in class
- Exhibiting a positive attitude in class