

Intermediate 1 Ballet Syllabus

General Goals: intermediate ballet skills and teaching ballet technique

Skills taught:

- Ballet runs
- Tour Jetés
- Fouetté jump
- Pas de Chat
- Glissade and Assemblé
- Compass turns (with bent or straight leg)
- Chaîné turns – 3 step turn
- 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
- Improving turn out in all 5 positions with proper arm alignment
- Controlled body movements
- 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
- Eschappe 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
- Leaps: Grand Jeté (brush), Saut de Chat (Développé), & Stag
- Balancé (waltz) and turning balancé
- Temps Leve (hop) = step hop arabesque
- Piqué turns
- Piqué attitude turns
- Pirouettes En dehors (Outward) & En dedans (Inward)
- Petit Jetés (switching feet)
- Rhythm and keeping time
- Dégagé
- Développé & Attitude (all positions)
- Eschappe Relevé (2nd to 5th, 4th to 5th)

Skills introduced:

- Brisé and Cabriole
- Pas de Basque
- Entrechat Quatre
- Pirouettes En dehors (Outward) & En dedans (Inward) – Doubles & Coupé
- Splits and stretching
- Ballet terminology

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