

Grade 10 Practical Elements:

Unit 1) Fundamentals of Ballet Technique [FUNDAMENTALS 1]

- A. -Arm placement at barre (how to hold the barre)
 - Position of the Arms
- B. -Parts of the foot (heels, arch, ball, toes)
 - Levels of the Foot (Floor, $\frac{1}{4}$, $\frac{3}{4}$, Full)
- C. - Placement of the feet (Parallel or Turned out/Diagonal)
 - Body Alignment and Placement at Barre

*Practical Unit Test (containing all aspects of A, B, and C)

Unit 2) Fundamentals of Ballet Technique [FUNDAMENTALS 2] (All from 1st position)

- A. Barre 1- Plie, Tendu, Degage (assessment at the end)
- B. Barre 2- Rond de jambe, Fondu, Passe (assessment at the end)
- C. Barre 3- Developpe, Frappe (coupe), Simple Port de bras, Grand Battement (assessment at the end)
- D. Barre 4- Saute (assessment at the end)

* Practical Unit Test (Barre 1-4)

-----* this will probably run straight through December-----

Centre

Unit 3) Centre 1

- A. - 1st Port de bras w/ movement of the head (assessment at the end)
 - Battement Tendu w/direction (assessment at the end)
 - Rond de jambe a terre w/ port de bras (assessment at the end)
 - Positions of the arms (assessment at the end)

*Practical Unit Test

Unit 4) Centre 2

- A. - Directions of the body & alignment (croise, devant, En face, Ecarte, Efface, a la seconde) (assessment at the end)
 - Chasse in seond position (assessment at the end)
 - Pas de bourre (assessment at the end)

* Practical Unit Test

Unit 5) Centre 3 [Across the floor]

- A. - Petit Allegro- Tombe pas de bourre
- Reverence (curtsy)

Grade 11 Practical Elements:

Unit 1) Fundamentals of Ballet Technique [FUNDAMENTALS 1]

- A. - REVIEW: Arm placement at barre (how to hold the barre)
(Sideways and Facing)
- Position of the Arms
- B. -Positions of the arms and feet at barre
- Levels of the Foot (Floor, $\frac{1}{4}$, $\frac{3}{4}$, Full)

*Practical Unit Test (containing all aspects of A&B)

Unit 2) Fundamentals of Ballet Technique [FUNDAMENTALS 2]

- A. Barre 1- Plies [demi & grande 1st-5th]
- Tendu [1st, 3rd, 5th w/ plies]
- Degage [1st-5th]
- B. Barre 2- Rond de jambe w/ port de bras
- Tendu Passe [combination from 5th w/ plies]
- Fondu w/ degage + passe [on floor & 45-degree angle]

*Unit Test

Unit 3) Fundamentals of Ballet Technique [Fundamentals 2 contd.]

- A. Barre 3- Developpe, Frappe + Port de bras, Grand Battement [front, side, back]
 - B. Barre 4- Saute, echappe, changement *
- Practical Unit Test

-----* this will probably run straight through December-----

Centre

Unit 4) Centre 1

A. - 1st Port de bras w/ movement of the head

- Battement Tendu w/direction [from 3rd or 5th positions]
- Rond de jambe a terre w/ port de bras [en dedans/ en dehors]
- Positions of the arms [1st, 2nd, 3rd arabesques] *Practical Unit Test

Unit 5) Centre 2

A. - Directions of the body & alignment

- Glissade
- Assemble
- Tombe pas de bourre (assessment at the end)

* Practical Unit Test

Unit 6) Centre 3

A. - Transfer of weight

- Adage [port de bras, balance, temps lie
- Petit Allegro [tombe, pas de bourre, glissade, assemble]
- Reverence (curtsy)

Grade 12 Practical Elements:

Unit 1) Fundamentals of Ballet Technique [FUNDAMENTALS 1]

- C. - REVIEW: Arm placement at barre (how to hold the barre)
(Sideways and Facing)
 - Position of the Arms
- D. -Positions of the arms and feet at barre
 - Levels of the Foot (Floor, $\frac{1}{4}$, $\frac{3}{4}$, Full)

*Practical Unit Test (containing all aspects of A&B)

Unit 2) Fundamentals of Ballet Technique [FUNDAMENTALS 2]

- C. Barre 1- Plies [demi & grande 1st-5th]
 - Tendu [1st, 3rd, 5th w/ plies]
 - Degage [1st-5th]
- D. Barre 2- Rond de jambe w/ port de bras
 - Tendu Passe [combination from 5th w/ plies]
 - Fondu w/ degage + passe [on floor & 45-degree angle]

*Unit Test

Unit 3) Fundamentals of Ballet Technique [Fundamentals 2 contd.]

- C. Barre 3- Developpe, Frappe + Port de bras, Grand Battement [front, side, back]
- D. Barre 4- Saute, echappe, changement *
Practical Unit Test

-----* this will probably run straight through December-----

Centre

Unit 4) Centre 1

- A. - 1st Port de bras w/ movement of the head
 - Battement Tendu w/direction [from 3rd or 5th positions]
 - Rond de jambe a terre w/ port de bras [en dedans/ en dehors]

- Positions of the arms [1st, 2nd, 3rd arabesques] *Practical Unit Test

Unit 5) Centre 2

A. - Directions of the body & alignment

- Glissade
- Assemble
- Tombe pas de bourre (assessment at the end)

* Practical Unit Test

Unit 6) Centre 3

A. - Adage

- Allegro
- Variation [Response to music; listen to a piece of music and create movement variation including steps from vocabulary learned. - Reverence