



The Academy of Dance

Junior Program Curriculum

Introduction to all Junior Program syllabus:

The skills and steps listed for each level are intended to be mastered before students are ready to move on; they are not meant to be the only steps a teacher will be working on in class throughout the year. Each level builds off the previous levels. Steps listed are not intended to be extensive/exclusive, but more as a guide to what level of difficulty and vocabulary each level will be working on. ***Levels will be reassessed at the end of each school year, though dancers should expect to spend multiple years in each level.***

Junior Program Classes:

- Tiny Tots
- Combo Class [ballet/tap, ballet/jazz]
- Creative Dance
- Pre Ballet



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Tiny Tots

30 minute class | *Intended Age: 2-3*

Overall goals for the year:

- Be able to separate from parents easily. Come into the room alone without tears.
- Follow basic directions like stand in a line, stay on their spot, follow/copy the teacher.

Movement goals for the year:

1. Stand with feet together
2. Stand in 1st position
3. Plie
4. Jump (2 feet to 2 feet)
5. March
6. Gallop
7. Point and flex feet while sitting on the floor



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Combo Class [Ballet/Tap or Jazz/Tap]
30-45 minutes class | *Intended Age: 3-4*

Builds on Tiny Tots Syllabus

Overall goals for the year:

- Be able to stay in the room for the entire class without fatigue
- Follow directions including basic class etiquette (no talking, no hanging from barres, etc)
- Show basic movement and rhythm understanding

Movement goals for the year:

1. 1st position with more control
2. Plie
3. Tendu devant (not focusing on turn out yet)
4. Stronger jumps- forwards and backwards
5. Jumping feet apart and together
6. Hopping on one foot
7. Marching
8. Galloping
9. Tap:
 - a. Difference between heel and toe
 - b. Shuffle
 - c. Flap

Musicality:

1. Differentiating slow and fast
2. Differentiating moods



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Creative Dance

1 hour class | *Intended Age: 4-6*

Builds on Combo Class Syllabus

Overall goals for the year:

- Must be able to follow directions and maintain energy for the entire class.
- Increased class etiquette (listening, talking, taking turning, respect teacher/classmates, attentive, works with effort)
- Understand traveling floor patterns: across the floor, in a circle, diagonal

Movement goals for the year:

1. 1st position, 2nd position
2. Plie (1st, 2nd)
3. Tendu devant with pointed toes
4. Hopping on one foot with more strength
5. Marching with higher knees
6. Skipping
7. Rises in parallel
8. Point/flex feet

Vocabulary:

1. Plié
2. Relevé
3. Tendu
4. Basic skip
5. Hop

Musicality:

1. Rhythm
2. Percussion



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Pre Ballet

1 hour class | *Intended Age: 5-9*

Builds on Creative Dance Syllabus

Overall goals for the year:

- Follow directions and etiquette in a more structured class environment
- Stand in straight lines
- Follow floor patterns without help
- Remember choreography sequences of up to 1/2mins without help
- Basic performance qualities: smiling
- General understanding of good posture, turn out, point/flex feet, transfer of weight (sway/shift)

Movement goals for the year:

1. Stronger and bigger 1st and 2nd
2. Tendu devant and a la seconde with turned out legs
3. Eleve in 1st
4. Skips with pointed toes
5. Échappé saute (1st to 2nd)

Vocabulary:

1. Plié
2. Relevé
3. Tendu
4. Retire position
5. Chasse
6. Advanced skip (higher jumps, pointed toes)

Port de bras:

1. En bas
2. En avant/first position
3. En haut/fifth position
4. A la seconde/second position

Musicality:

1. Counting/8 counts
2. Mood and tone
3. Quality