



## The Academy of Dance Ballet Class Curriculum

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### **Introduction to all ballet levels 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. ie. Students may begin learning pas de chat in Ballet 2, but would not be expected to have it “mastered” until they are ready to move to Ballet 3. The levels build off previous levels and thus Ballet 3, for example, should have complete command of all curriculum listed in Ballet 1 and 2 as well. 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.***

### **Ballet Levels:**

- Creative Dance (See Junior Program Curriculum)
- Pre Ballet (See Junior Program Curriculum)
- Ballet 1
- Ballet 2
- Ballet 3
- Pre Pointe
- Pointe 1
- Ballet 4
- Ballet 5
- Pointe 2 (including variations)



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**Ballet 1**

1 hour class | *Intended Age: 8+*

Overall goals for the level:

Positions:

Begin working at barre: hand/body placement, posture, alignment  
1st, 2nd, 3rd, 4th positions

Vocabulary:

devant, derrière, arabesque, coupe, retire, passe, en dehors, en dedans, en avant, allegro

Barre:

plié, tendu, dégagé, rond de jambe a terre, grande battement

Port de bras:

en bas/bras bas, en avant/first position, en haut/fifth position, à la seconde/second position, first and second arabesque positions

Center: port de bras combination, tendu, sautes, changements, échappe saute (1st, 2nd), clean pirouette balance, balancé

Across the floor: chaîne, bourrée, tombée pas de bourrée, glissade, saute arabesque, sautée passe, grand jeté, basic waltz

Musicality: dynamic, tempo, adagio, able to count themselves in



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**Ballet 2**

1 hour class | *Intended Age: 10+, by placement*

**Everything in Ballet 1, plus:**

Overall goals for the level:

Positions:

1st, 2nd, 3rd, 4th, 5th positions, epaulement

Vocabulary:

croise, en face, en croix, pique, élève, attitude

Barre:

rond de jambe en l'air, frappe, fondu, pas de chevale, envelope, développe

Port de bras: port de corps, 3rd and 4th, allonge

Center:

simple adagio, single en dehors pirouette from 5th and 4th, petit and medium allegro including échappé saute (1st, 2nd, 5th), assemble, pas de chat, jeté to coupé

Across the floor:

waltz, pique balance, diagonal pirouettes including soutenus and pique turns, saut de chat

Musicality:

4/4 vs 3/4, waltz



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### Ballet 3

1.5 hour class | *Intended for Ages: 11+, by placement only*

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#### Overall goals for the level:

##### Positions:

Complex combinations, various facings, greater use of head and epaulement, presentation, 1st/2nd/3rd/4th/5th arabesque positions

##### Vocabulary:

Écarte, batterie, action vs position

##### Barre:

90° leg height in extensions, en cloche (low), double frappes, relève frappes, grand rond de jambe en l'air, attitude derrière, pirouettes

##### Center:

Adagio combinations, double pirouette en dehors, single pirouette en dedans, sissonne, fouette saute, faille, intermediate petit allegro

##### Across the floor:

Pas de basque, tour jeté, waltz turn, en dehors pique turn (lame duck)

##### Musicality:

Proficiency in rhythm, counting, quality, syncopation

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### **Pre-Pointe/Pointe 1 (Ballet 3+)**

30-45 minute class | by teacher placement only

- Pre-Pointe remains in flat shoes for barre, center, and conditioning exercises
- **Pointe 1 by invitation only**; pointe shoes worn for barre exercises
- Pointe prerequisite: 3 flat technique classes per week & passed pointe assessment

##### Barre:

Relevés, élèves, échappés, sous sous

##### Center:

Pique sous sous, pique retire, pique arabesque, relève arabesque

##### Conditioning:



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Ankle/foot, calf, proprioceptors, knee stability, rotators, hamstrings, hip flexors, core, back, arms

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### **Ballet 4/Pointe**

1.5 hour class | *Intended for Ages: 12+, by placement only*

- Proficiency in choreography pick-up/retention
- Intermediate pointe work on and off the barre including hops en pointe, pirouettes, and variations
- Pointe prerequisite: 3 flat technique classes per week & passed pointe assessment

Barre: complex combinations, battement en cloche, penché, foute pirouette prep

Center: intermediate/advanced petit allegro including batterie and brise, foundation for fouette turns, multiple pirouettes (en de dans/en dehors), promenade, renverse

Across the floor: intermediate pirouettes including arabesque turns, attitude turns, multiple en dehors and en dedans pirouette, intermediate grand allegro including temps de fleche, précipité, and cabriole

Musicality: expression/artistry

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### **Ballet 5/Pointe**

1.5 -2 hour class | *By Placement Only*

- Advanced choreography pick-up/retention
- Advanced pointe work including pre-professional level execution of classical variations
- Performance and artistry; choice-making
- Ballet/Choreographer history
- Pointe prerequisite: 3 flat technique classes per week & passed pointe assessment

Barre: advanced barre work with the ability to quickly pick up exercises

Center: advanced petite allegro with clear knowledge of vocabulary and ability to reverse combinations, able to add beats to medium allegro including brise voile, extended adagio combinations, fouettés, italian fouettés

Across the floor: advanced grand allegro including chase coupe jeté, grand jeté en avant, emboîté

Musicality: polonaise, mazurka, polka, variations/music recognition