



Ballet Together

Train together. Be together.

CURRICULUM OVERVIEW
LEVEL 1

CURRICULUM

Level 1

Ballet Together's Level 1 Curriculum serves as a guide for dance instructors around the world to teach their students the building blocks of ballet.

The curriculum for this level is selected to gradually introduce new movements and vocabulary so students can feel confident progressing through each class and quarter term. Dance instructors are advised to use the curriculum overview provided as a guide to build their own weekly or monthly syllabus, depending on the frequency of the classes offered.

The Ballet Together Teacher Training & Certificate will work more in depth with instructors one-on-one to give them the tools to build their own syllabus documents to serve their own dance schools and students.

For more information or to get involved, contact the BT Global Team at:

<http://www.ballettogether.com/>.

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INTRODUCTION

Level 1

The Ballet Together Global Team has put together a few guiding points to help dance instructors feel prepared to use this curriculum document successfully. They are as follows:

- **AGE + EXPERIENCE RECOMMENDATIONS**

- AGES: 6-9 years old.
 - No prior ballet experience required.
 - Appropriate for both boys and girls.
- CLASS FREQUENCY: Classes should be held 1-2 times per week for a 60-minute time period.

- **12-WEEK QUARTER TERMS**

- Each level is divided into three 12-week (or 3 months) quarter terms. The ballet vocabulary listed in the columns (on Page 4) should be introduced and covered in the classes in that Quarter.
- Quarter 4 is not included to allow for holidays breaks and/or summer vacations. Instructors can repeat Quarter 3 if they want to teach through all 12-months.

- **BUILD WEEKLY/MONTHLY SYLLABUS**

- Instructors are advised to build their own weekly or monthly syllabus using curriculum overview provided as a guide.
- SUGGESTION: Use the same set of combinations for 4-weeks (one month) of classes and then create new combinations the following month. There are 2 benefits:
 - Students can fine-tune their technique by repeating familiar combinations.
 - Instructors can spend less time teaching new combinations each class.

- **INTRODUCE NEW VOCABULARY**

The ballet vocabulary highlighted in the **grey boxes** are meant to signify new movements that are being introduced for the first time in that particular quarter.

- **BALLET VOCABULARY + PRONUNCIATION**

- To help with vocabulary, we recommend dance instructors and students use the **BALLET LITE** app. It is free and can be used as a referenced glossary of ballet terms.
- Click here for [French terms and how to pronounce them](#). This website and YouTube video to help instructors become familiar with ballet vocabulary.



- **DOWNLOADABLE CLASS MUSIC**

Ballet Together has downloadable music files available for dance instructors to use when creating their class syllabus. Each combination can be aligned with the music files. The music is available on ballettogether.com/nigeria.

CURRICULUM

Level 1

Instructors are advised to use this curriculum overview as a guide to build their own weekly/monthly syllabus. An asterisk (*) indicates an EXAMPLE COMBINATION of skill progress through the quarters.

QUARTER 1	QUARTER 2	QUARTER 3
FLOOR	FLOOR	FLOOR
Flex - Pointe	Flex - Pointe	Flex - Pointe
Port de Bras	Porte de Bras	Porte de Bras
Stretches (Recommendations on Page 5)	Stretches	Stretches

BARRE (two-hands facing the barre)	BARRE	BARRE
Demi Plié in 1st / 2nd	Demi Plié in 1st / 2nd / 5th	Demi Plié in 1st / 2nd / 5th
Tendu in parallel *EXAMPLE COMBINATION: 4x tendu front in parallel	Tendu from 1st *EXAMPLE COMBINATION: 4x front / side from 1st position in turn-out	Tendu from 1st, add tendu back *EXAMPLE COMBINATION: 4x tendu front / side / back from 1st position
-	Degagé *EXAMPLE COMBINATION: 4x degagé front in parallel and in 1st position	Degagé *EXAMPLE COMBINATION: 4x degagé front / side / back from 1st position
-	Grand Battement	Grand Battement
-	Passé	Passé

CENTER	CENTER	CENTER
Ballet Walks	Demi-Pointe Runs	Demi-Pointe Runs
Transfer of Weight *EXAMPLE COMBINATION: skip in parallel passé	Transfer of Weight *EXAMPLE COMBINATION: jump tendu / coup-de-pied derriere	Transfer of Weight *EXAMPLE COMBINATION: emboité
Sauté in 1st / 2nd	Sauté, in 1st / 2nd	Sauté in 1st / 2nd
-	Soubresauts	Soubresauts
-	-	Changement
Petit jeté / Galops	Petit jeté / Galops	Petit jeté / Galops
Step hop	Step hop	Step hop
-	Chassé	Chassé
-	-	Prep for Assemblé
-	-	Prep for Glissade
Run and Grand Jeté	Run and Grand Jeté	Run and Grand Jeté
Révérance	Révérance	Révérance

RECOMMENDED STRETCHES

Level 1

Students at this level should be encouraged to use these exercises to help their bodies be flexible for ballet. Stretching should be included in the exercise regime as it benefits the mind and body. Some stretches are beneficial to warm the body up at the beginning of class, while others are more beneficial part way through class, or after class, once the body is already warm. Here are a few examples appropriate for this age and/or skill level:

DURING WARM-UP:	AT THE END OF BARRE AND/OR AFTER CLASS:
<ol style="list-style-type: none"> 1. Cobra Pose 2. Seated Toe Touch 3. Butterfly Stretch 	<ol style="list-style-type: none"> 1. Straddle Stretch 2. Quadricep Stretch 3. Standing Calf Stretch

For descriptions and images of these stretches, go to [this website](#).

RECOMMENDED VARIATIONS

Level 1

Students at this level can have a dance, otherwise known as a variation, to work on during the year. Here are a few examples appropriate for this age range:

GIRLS AND BOYS:

1. *Snowball Dance* - [link to video](#)
2. *Hide and Seek* - [link to video](#)
3. *Polka* - [link to video](#)
4. *Jumping Combination* - [link to video](#)
5. *Skipping Variation* - [link to video](#)
6. *Grade 1 Dance* - [link to video](#)

BALLET CLASS MUSIC TRACKS

Music provided by David J. Morse, Soloist, Cincinnati Ballet, Choreographer, and Pianist.

DOWNLOAD MUSIC AT: [BALLETTOGETHER.COM/NIGERIA](https://ballettogether.com/nigeria)

BARRE: Downloadable Music.

1. BARRE-Plié with balance, one side
2. BARRE-Tendu (slow tempo), one side
3. BARRE-Tendu (moderate tempo), one side, #1
4. BARRE-Tendu (moderate tempo), one side, #2
5. BARRE-Tendu (quick tempo), one side
6. BARRE-Degagé, one side
7. BARRE-Petit Battement / Piqué, one side
8. BARRE-Rond de Jambe à Terre, one side, #1
9. BARRE-Rond de Jambe à Terre, one side, #2
10. BARRE-Fondu with balance, one side
11. BARRE-Frappé / Passé, one side
12. BARRE-Stretch, both sides
13. BARRE-Adagio, both sides
14. BARRE-Grand Battement, one side
15. BARRE-Relevé, both sides

CENTER: Downloadable Music.

16. CENTER-Tendu
17. CENTER-Adagio
18. CENTER-Balancé
19. CENTER-Pirouette (moderate tempo)
20. CENTER-Pirouette (slow tempo)
21. CENTER-Jumps (quick tempo)
22. CENTER-Jumps (petit allegro) - # 1
23. CENTER-Jumps (petit allegro) - # 2
24. CENTER-Jumps (petit allegro) - # 3
25. CENTER-Jumps (moderate allegro)
26. CENTER-Révérance