



# *Ballet Together*

Train together. Be together.

**CURRICULUM OVERVIEW**  
**LEVEL 2**

# CURRICULUM

## Level 2

Ballet Together's Level 2 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/>.

## Table of Contents

INTRODUCTION.....	Page 3
CURRICULUM.....	Page 4
RECOMMENDED STRETCHES.....	Page 6
RECOMMENDED VARIATIONS.....	Page 6
BALLET CLASS MUSIC TRACKS.....	Page 7

# INTRODUCTION

## Level 2

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: 9+ years old or Beginner Adult Ballet student.
  - 0-1 year of prior ballet experience required.
  - Appropriate for both boys and girls.
- CLASS FREQUENCY: Classes should be held 2-3 times per week for a 1-hour and 15-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 (starting 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](http://ballettogether.com/nigeria).

# CURRICULUM

## Level 2

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
BARRE (one hand on the barre)	BARRE	BARRE
Demi Plié in 1st / 2nd / 4th / 5th	Demi Plié in 1st / 2nd / 4th / 5th	Demi Plié in 1st / 2nd / 4th / 5th
Grand Plié in 1st / 2nd	Grand Plié in 1st / 2nd	Grand Plié in 1st / 2nd / 5th
Tendu from 1st / 5th	Tendu from 1st / 5th	Tendu, en cloche
Dégagé	Dégagé	Dégagé, en cloche
Piqué	Piqué	Piqué
Rond de Jambe, à terre *EXAMPLE COMBINATION: begin in 1st position - rond de jambe in 4 counts (tendu front, rond de jambe to tendu side, rond de jambe to tendu back, return to 1st position) - repeat 4x <i>en dehors</i> and 4x <i>en dedans</i> .	Rond de Jambe, à terre *EXAMPLE COMBINATION: begin in 1st position - 2x rond de jambe in 4 counts (as in Q1), followed by 3x rond de jambe in 2 counts, hold in 1st position - combination done <i>en dehors</i> and <i>en dedans</i> .	Rond de Jambe, à terre *EXAMPLE COMBINATION: begin in 5th position - 8x rond de jambe in 2 counts - combination done <i>en dehors</i> and <i>en dedans</i> .
-	-	Ronde de Jambe, en l'air
Coup-de-pied	Coup-de-pied	Coup-de-pied
Petit Battement	Petit Battement	Petit Battement
-	-	Frappé
-	Fondu	Fondu
Relevé, in 1st / 5th / coup-de-pied derrière / passé	Relevé, in 1st / 5th / coup-de-pied derrière / passé	Relevé, in 1st / 5th / coup-de-pied derrière / passé
-	Adagio / Delevopé Add: Devant / à la seconde	Adagio / Delevopé, Add: Arabesque
Grand Battement	Grand Battement	Grand Battement, en cloche
	Prep for Pirouette using barre	Prep for Pirouettes using barre

# CURRICULUM

## Level 2

QUARTER 1	QUARTER 2	QUARTER 3
CENTER	CENTER	CENTER
Tendu / Degagé * <u>EXAMPLE COMBINATION</u> : start in 1st position with hands on hips - 4x tendu front Right + Left, 4x tendu side R+L - repeat with <i>tendu</i> and <u>degagé</u>	Tendu / Degagé * <u>EXAMPLE COMBINATION</u> : start in 5th position with arms in second - 2x tendu front R, 2x tendu back L, 3x tendu side R - repeat to the right and left side	Tendu / Degagé * <u>EXAMPLE COMBINATION</u> : same combination as Q2 with added <i>porte de bras</i> - arms in 5th position for tendu front + back, arms side for tendu side.
-	Temps Lie	Temps Lie
Pas de Bourré	Pas de Bourré, Tombé	Pas de Bourré, Coup-de-pied plié
Prep for Adagio	Adagio	Adagio
Triplet / Balancé * Parallel with hands on hips * Parallel with <i>port de bras</i>	Triplet / Balancé * <i>Coupé</i> (turned-out) with hands on hips * <i>Coupé</i> with <i>port de bras</i>	Pas de Waltz
-	-	Pirouette from 5th, en dehors
-	-	Pirouette from 5th, en dedans
PETIT ALLEGRO	PETIT ALLEGRO	PETIT ALLEGRO
Sauté, in 1st and 2nd	Sauté, in 1st and 2nd	Sauté, in 1st and 2nd
Changement	Changement	Changement
-	Soubresauts	Soubresauts
Échappé Sauté	Échappé Sauté	Échappé Sauté
-	Prep for Glissade	Glissade
-	Prep for Assemblé, à le seconde	Assemblé, à le seconde
GRAND ALLEGRO	GRAND ALLEGRO	GRAND ALLEGRO
-	-	Sissone
-	Pas de Chat	Pas de Chat
-	-	Grand Jeté
Révérance	Révérance	Révérance

# RECOMMENDED STRETCHES

## Level 2

Students at this level should be encouraged to regularly use these stretching exercises to help their bodies become flexible for ballet. 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"> <li>1. Cobra Pose - <a href="#">link here</a> for tips</li> <li>2. Seated Toe Touch</li> <li>3. Butterfly Stretch</li> <li>4. Crossbody shoulder stretch</li> </ol>	<ol style="list-style-type: none"> <li>1. <i>Preparation for Splits</i> - <a href="#">link here</a> for tips</li> <li>2. Straddle Stretch - <a href="#">link here</a> for tips</li> <li>3. Quadricep Stretch</li> <li>4. Standing Calf Stretch</li> </ol>

**NOTE:** Level 2 students should regularly do these stretches before class, at the end of barre (before center), or after class. Instructors should teach these all stretches at the start of the school year to guide proper form.

# RECOMMENDED VARIATIONS

## Level 2

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. *Short variations for Tendu and Adage* - [link to video](#)
2. *Port de Bras* - [link to video](#)
3. *Raymonda Variation* (from RAD, Grade 3 Dance A) - [link to video](#)
4. *Birthday Offering* (from RAD, Grade 4 Dance A) - [link to video](#)
5. *Contemporary Ballet Variation* (from RAD, Grade 4 Dance B) - [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