



Ballet Together

Train together. Be together.

CURRICULUM OVERVIEW
LEVEL 3

CURRICULUM

Level 3

Ballet Together's Level 3 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 3

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: 12+ years old or Intermediate Adult Ballet student.
 - 1-3 years of prior ballet experience required.
 - Appropriate for both men and women.
- CLASS FREQUENCY: Classes should be held 3-4 times per week for a 1-hour and 30-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 2-weeks of classes and then create new combinations for the following two weeks. 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

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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
Plié, Demi / Grand In 1st / 2nd / 4th / 5th	Plié, Demi / Grand Add: Circular Port de Bras	Plié, Demi / Grand With Circular Port de Bras
Tendu	Tendu	Tendu
Dégagé	Dégagé	Dégagé
Piqué	Piqué	Piqué
-	Pas de Cheval, Developé / Enveloppé	Pas de Cheval, Developé / Enveloppé
Rond de Jambe, à terre	Rond de Jambe, à terre	Rond de Jambe, à terre
Ronde de Jambe, en l'air	Ronde de Jambe, en l'air	Ronde de Jambe, en l'air
Petit Battement	Petit Battement	Petit Battement
Fondu	Fondu	Fondu
Frappé *EXAMPLE COMBINATION: 1x frappé in 2-counts, 2x frappé in 1-count - repeat 2x front, side, back, side	Frappé *EXAMPLE COMBINATION: 2x frappé front, coup-de-pied front, coup-de-pied back, frappé back, 2x frappé back, coup-de-pied back, coup-de-pied front, frappé front, 8x frappé side - repeat 2x	Frappé *EXAMPLE COMBINATION: 4x frappé front, coup-de-pied front, coup-de-pied back, frappé side, 4x frappé side, coup-de-pied front, coup-de-pied back, frappé back, 4x frappé back, coup-de-pied back, coup-de-pied front, frappé side, 4x frappé side, coup-de-pied back, coup-de-pied front, frappé front
Adagio / Developé	Adagio / Developé	Adagio / Developé
Grand Battement	Grand Battement	Grand Battement
Relevé for Pirouettes	Relevé for Pirouettes	Relevé for Pirouettes

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QUARTER 1	QUARTER 2	QUARTER 3
CENTER	CENTER	CENTER
Tendu / Degagé, use directions: Croisé / En Face / Effacé	Tendu / Degagé, use directions: Croisé / En Face / Effacé	Tendu / Degagé, use directions: Croisé / En Face / Effacé
Temps Lie	Temps Lie	Temps Lie
Pas de Bourré, Coup-de-pied plié / Tombé	Pas de Bourré, Coup-de-pied plié / Tombé	Pas de Bourré, Coup-de-pied plié / Tombé
Adagio / Developpé	Adagio / Developpé	Adagio / Developpé / Promenade
Waltz / Balancé * with <i>port de bras</i>	Waltz / Balancé Add: Polonaise	Polonaise / Waltz / Balancé
Pirouette from 5th, en dehors	Pirouette from 4th, en dehors	Pirouette from 4th, en dehors
Pirouette from 5th, en dedans	Pirouette from 4th, en dedans	Pirouette from 4th, en dedans
-	Chaînes	Chaînes
-	-	Soutenu
	Piqué Pirouette	Piqué Pirouette
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	Soubresauts
Échappé Sauté	Échappé Sauté	Échappé Sauté
Chassé	Chassé	Chassé
Glissade	Glissade	Glissade
Assemblé, à le seconde	Assemblé, avant and en arrière	Assemblé, all

GRAND ALLEGRO	GRAND ALLEGRO	GRAND ALLEGRO
Temps levé in arabesque (or sauté arabesque)	Temps levé in arabesque (or sauté arabesque)	Temps levé in arabesque (or sauté arabesque)
Sissone	Sissone	Sissone
-	Emboité	Emboité
Pas de Chat	Pas de Chat	Pas de Chat
Grand Jeté	Grand Jeté	Grand Jeté
Révérance	Révérance	Révérance

RECOMMENDED STRETCHES

Level 3

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"> 1. <i>Core Ab Strengthening</i> - link here for tips 2. <i>Back Stretches</i> - link here for tips 3. <i>Hamstring Stretches</i> - link here for tips 4. <i>Hip Stretches</i> - link here for tips 	<ol style="list-style-type: none"> 1. <i>Splits Stretch</i> - link here for tips 2. <i>Leg on Ballet Barre</i> - link here for tips 3. <i>Extension Stretches</i> - link here for tips 4. <i>Calf Stretches</i> - link here for tips

NOTE: Level 3 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 3

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:

WOMEN:

1. *Fairy of the Woodland Variation* - [link to video](#)
2. *Cupid Variation* (from *Don Quixote*) - [link to video](#)
3. *Swanhilda Variation* (from *Coppélia*) - [link to video](#)
4. *Kitri Variation* (from *Don Quixote*) - [link to video](#)

MEN:

1. *Flower Festival* - [link to video](#)
2. *Peasant Pas Variation* (from *Giselle*) - [link to video](#)
3. *Port de Bras 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