

Fundamental Fix Ballet Growth Chart

Step/Position/ Concept	Introduce to 6-7 years	Introduce to 8-9 years	Introduce to 10 years	Introduce to 11-12 years
Use of the barre	n/a	Planted	Rooted	Growing
Foot/ankle exercises	Planted	Rooted	Growing	1 st Bloom
Foot positions	Parallel, 1 st , 2 nd	Add 3 rd	Add 5 th	Add 4 th
Body Alignment	Planted	Rooted	Growing	1 st Bloom
Pelvic alignment	Planted	Rooted	Growing	1 st Bloom
Core work	n/a	Planted	Rooted	Growing
Stretches	Floor	Floor	Floor	Barre and Floor
Musical phrasing	Planted	Rooted	Growing	1 st Bloom
Spotting	n/a	Planted	Rooted	Growing
Plié	Planted	Rooted	Growing	1 st Bloom
Cambré	N/A	Planted	Rooted	Growing
Tendu	Planted	Rooted	Growing	1 st Bloom
Dégagé	Planted	Rooted	Growing	1 st Bloom
Rond de jambe	Planted	Rooted	Growing	1 st Bloom
Coupé	Planted	Rooted	Growing	1 st Bloom
Fondu	Planted	Rooted	Growing	1 st Bloom
Retiré	Planted	Rooted	Growing	1 st Bloom
Passé	Planted	Rooted	Growing	1 st Bloom
Développé	n/a	Planted	Rooted	Growing
Relevé	Planted	Rooted	Growing	1 st Bloom
Soussus	n/a	Planted	Rooted	Growing
Detourné	n/a	Planted	Rooted	Growing
Piqué (Posé)	n/a	Planted	Rooted	Growing
Attitude Devant	n/a	Planted	Rooted	Growing
Attitude Derrière	n/a	n/a	Planted	Rooted
Frappé	n/a	n/a	Planted	Rooted
Grand Battement	n/a	Planted	Rooted	Growing
Port de Bras	Planted	Rooted	Growing	1 st Bloom
Transfer of Weight	Planted	Rooted	Growing	1 st Bloom
Temps lié	n/a	Planted	Rooted	Growing
Tombé	n/a	Planted	Rooted	Growing
Pas de bourrée	n/a	Planted	Rooted	Growing
Glissade	n/a	Planted	Rooted	Growing
Couru (bourrée)	n/a	Planted	Rooted	Growing

Pirouette	n/a	Planted	Rooted	Growing
En dehors	n/a	n/a	Rooted	Growing
En dedans	n/a	n/a	n/a	Rooted
Arabesque	n/a	Planted	Rooted	Rooted
Croisé	n/a	n/a	Planted	Rooted
En face	Planted	Rooted	Growing	1 st Bloom
Effacé	n/a	n/a	Planted	Rooted
Adagio	n/a	Planted	Rooted	Growing
Balancé	Planted	Rooted	Growing	1 st Bloom
Sauté	Planted	Rooted	Growing	1 st Bloom
Changement	n/a	Planted	Rooted	Growing
Échappé	n/a	Planted	Rooted	Growing
Spring pointe	Planted	Rooted	Growing	1 st Bloom
Petit jeté	n/a	Planted	Rooted	Growing
Jeté	n/a	n/a	Planted	Rooted
Assemblé	n/a	Planted	Rooted	Growing
Petit Allégro	n/a	n/a	Planted	Rooted
Sissone	n/a	Planted	Rooted	Growing
Pas de chat	n/a	Planted	Rooted	Growing
Gross motor and across the floor skills	Planted	Rooted	Growing	1 st Bloom
Chassé	Planted	Rooted	Growing	1 st Bloom
Triplet	Planted	Rooted	Growing	1 st Bloom
Ballet runs	n/a	Planted	Rooted	Growing
Chaîné	n/a	Planted	Rooted	Growing
Piqué Turn	n/a	n/a	Planted	Rooted
Sauté Arabesque	n/a	Planted	Rooted	Growing
Failli	n/a	n/a	n/a	Planted
Pas de valse	n/a	n/a	Planted	Rooted
Grand jeté	Planted	Rooted	Growing	1 st Bloom
Fouetté	n/a	n/a	Planted	Rooted
Promenade		Planted	Rooted	Growing
Chassé en tournant	n/a	Planted	Rooted	Growing

