# Ballet - Proficiency Standards Outline

**DANC 1606 Ballet Foundations I - Proficiency Standards Outline**
**1 hour and fifteen minutes, 2 classes per week**

I. A beginning level ballet course that reflects the "DANC 1606 Technical Proficiency Standards" as printed in the dance student handbook. This course is designed to broaden and deepen student's understanding of classical ballet vocabulary, movement concepts, processes, principles, and to improve and develop technical skills and artistry.

Students should demonstrate an understanding of basic beginning ballet vocabulary and movement. An understanding of the technique should be reflected in the ability to coordinate simple movements and combinations of steps within the range of their own physical capacity. They should develop increasing confidence in performance and display an interpretation of mood and music.

A. Foundations
- Physical and conceptual understanding of dynamic body alignment.
- Assimilation of the traditional "classical lift" from gravity in stance and movement phrases.
- Gain capability to use turn-out, in stillness and in movement.
- Gain control, strength and flexibility.
- The use of breath, phrasing and musicality within performance of simple movements phrases.
- Incorporation of traditional basic classical ballet poses and directions of movement.
- Demonstration of visual, physical and aural literacy of classical ballet foundations course content.

B. Ballet Class Content will include:
- Traditional beginning classical barre work.
- Traditional portions of beginning classical ballet center work.
- Course work is designed to include movement phrases to define and develop;
    - Basic classical body positions and directions of movement.
    - Discovering individual strength and flexibility.
    - Find balance and control to sustain lines of classical ballet.
    - Utiilize center-of-weight shifts and weight transfer phrases such as temps lie glissade.
    - Learning traditional connecting steps of classical ballet such pas de bourree
    - Basic fundamental spotting and turning movements such as chaine.
    - Proper body mechanics in petite and grand allegro movements such as saute en arabesque.

C. Performance Expectations and Outcomes
- Knowledge of basic classical vocabulary content in course work.
- Establish dynamic qualities in movements at the barre and in the center.
- Musicality and breath in the use of tempo, rhythm and phrasing such balance combinations..
- Achived spatial clarity and articulation of the five classical body positions and directions of the body.
- Synthesis and execution of simple phrases and combinations.
- Performance reflects growth in movement/expressive capabilities.

See specifics of course content on next page.

Ballet Foundations I Course Content

Theory
4 corners
Eight points of the room
Five positions of the feet
Arm positions: 2nd, 5th en bas, en avant and en haut

1. Barre
1. Rise and demi-pliés in 2nd, 1st and 3rd positions
2. Battements tendus à la 2nd and en croix taken from 1st position facing the barre
3. Battement tendu degage en croix taken from 1st position
4. Ronds de jambe à terre
5. Adage
6. Preparation for sautés
7. Echappés relevés
8.Grand battements a la 2nd and en croix
8. Stretching exercise

2. Center
1. Port de bras
2. Battements tendus to 2nd with transfer of weight
3. Pas de bourreé dessous soutenu and de suite

3. Adage
1. Retirés and passe
2. Arabesque

4. Pirouette
1. Preparatory exercise for use of head in spotting
2. Quarter turns with use of the head

5. Allegro
1. Sautés in 1st position
2. Pas de chat and changements
3. Petits jetés, devant or derrière
4. Balletic polka
5. Step temps levés
6. Gallops
7. Echappés sautés
8. Changements
9. Balancés

Révérence

**DANC 1616 Ballet Foundations II - Proficiency Standards Outline**
**1 hour and fifteen minutes, 2 classes per week**

I. A low to intermediate level ballet course that reflects the "DANC 1616 Technical Proficiency Standards" as printed in the dance student handbook. This course is designed to broaden and deepen student's understanding of classical ballet vocabulary, movement concepts, processes, principles, and to improve and develop technical skills and artistry.

Students should demonstrate an understanding of intermediate ballet vocabulary and movement. An understanding of the technique should be reflected in the ability to coordinate more complex movements and combinations of steps within the range of their own physical capacity. They should develop increasing confidence in performance and display an interpretation of both mood and music. Students should also develop spatial awareness and an ability to work in formation with others and with a responsiveness to an audience.

A. Foundations
- Physical and conceptual understanding of dynamic body alignment.
- Assimilation of the traditional "classical lift" from gravity in stance and movement phrases.
- Increase capability to use turn-out, in stillness and in movement.
- Increase control, strength and flexibility.
- The use of breath, phrasing and musicality within performance of low intermediate movements phrases.
- Clear incorporation of the twelve traditional classical ballet poses and directions of movement.
- Demonstration of visual, physical and aural literacy of low to intermediate classical ballet course content.

B. Ballet Class Content will include:
- Traditional intermediate classical barre work.
- Traditional portions of intermediate classical ballet center work.
- Course work is designed to include movement phrases to define and develop;
    - Tweleve classical body positions and directions of movement.
    - Strength and flexibility.
    - Balance and control to sustain lines of classical ballet such as in adagio combinations.
    - Center-of-weight shifts and weight transfer phrases such as temps lie.
    - Traditional connecting steps of classical ballet such as tombe pas de bourree grand jete.
    - Inermediate spotting and turning movements such as single en dehors and en dedans pirouette.
    - Proper body mechanics in petite and grand allegro movements echappe battu.

C. Performance Expectations and Outcomes
- Knowledge of classical vocabulary content in low to intermediate course work.
- Establish dynamic qualities in movements throughout intermediate class barre and center.
- Musicality and breath in the use of tempo, rhythm and phrasing such as tombe pas de bourre grand jete.
- Spatial clarity in movement in a variety of formations as used in aintermediate level class.
- Finding synthesis in execution of well formed phrases and classroom combinations.
- Performance reflecting growth in movement/expressive capabilities.

See specifics of course content on next page.

Ballet Foundations II Course Content

Students should have a working knowledge of the basic movements and theory in previous courses:

Theory
Five positions of the head
Arm positions: 4th en avant and en haut
Positions of the body: croisé devant and derrière and écarté

1. Barre
1. Pliés in 2nd, 1st and 5th positions
2a. Battements tendus
2b. Battements dégagés from 1st position
3. Grands battements combined with battements dégagés and retirés
4. Ronds de jambe à terre
5. Battements frappés - singles and doubles
6. Fondu movements
7. Développé and demi-rond de jambe
8. Relevés devant, derrière, and passé

2. Center
1. Port de bras
2. Demi-plié and positions of the body

3. Adage
1. Demi-rond de jambe en l'air
2. 1st, 2nd and 3rd arabesques - taken to both sides

4. Pirouette
1. Relevé pirouette en dehors - taken singly

5. Allegro
Basic steps**:** Chassé coupé en avant, échappés sauté closing with a beat, glissade devant and derrière, sissonne en avant fermée soutenu and de suite, soutenu turn en dedans 1.Sautés in 1st, sautés in 2nd, échappés sautés and changements
2. Glissades, taken either derrière or devant - examiner's choice
3. Sissonnes
4. Temps levé chassé pas de bourreé, relevé in 5th position
5. Round the room: coupé chassé temps levé
6. Preparation for pirouettes en dedans en diagonale
7. Echappé sauté changé closing with beat and changements

**DANC 2662 Ballet II - Proficiency Standards Outline**
**1 hour and 40 minutes, 2 classes per week**

I. A low-intermediate level ballet course that reflects the "DANC 2662 Technical Proficiency Standards" as printed in the dance student handbook. This course is designed to broaden and deepen student's understanding of classical ballet vocabulary, movement concepts, processes, principles, and to improve and develop technical skills and artistry.

Students should demonstrate an increasing vocabulary of ballet movement and technique reflective in their ability to coordinate simple movements and produce combinations of steps with qualitative movement, precision and control, within the range of their own physical capacity. Students should communicate an increasing confidence in performance as well as display sensitivity to musical content and style. Student should show a developing awareness and ability to work with others and provide responsiveness to an audience.

A. Foundations
- Physical and conceptual understanding of dynamic body alignment.
- Assimilation of the traditional "classical lift" from gravity in stance and movement phrases.
- Increase capability to use turn-out, in stillness and in movement.
- Increase control, strength and flexibility.
- The use of breath, phrasing and musicality within performance of movements phrases.
- Incorporation of traditional classical ballet poses and directions of movement.
- Demonstration of visual, physical and aural literacy of classical ballet course content.

B. Ballet Class Content will include:
- Traditional intermediate classical barre work.
- Traditional portions of intermediate classical ballet center work.
- Course work is designed to include movement phrases to define and develop;
    - All classical body positions and directions of movement.
    - Strength and flexibility.
    - Balance and control to sustain lines of classical ballet.
    - Center-of-weight shifts and weight transfer phrases.
    - Traditional connecting steps of classical ballet.
    - Intermediate spotting and turning movements such as pique turns.
    - Proper body mechanics in petite and grand allegro movements sissone and chasse.

C. Performance Expectations and Outcomes
- Knowledge of classical vocabulary content in course work.
- Established dynamic qualities in movements at the barre and in adagio and allegro center movements.
- Musicality and breath in the use of tempo, rhythm and phrasing.
- Spatial clarity and articulation of the clearly defined classical directions of the body.
- Synthesis and execution of well formed phrases and classroom combinations.
- Performance reflecting growth in movement/expressive capabilities.
- Participation in a graded jury requiring application of movement material.

See specifics of course content on next page.

Ballet II Course Content

Students should have a working knowledge of the basic movements and theory in previous courses.

Theory
Arm positions: 3rd
Positions of the body: épaulé
Arabesques: 1st, 2nd and 3rd

1. Barre
1. Pliés in 2nd, 1st and 5th positions
2a. Battements tendus
2b. Battements dégagés
3. Grands battements with retiré
4. Ronds de jambe à terre, with preparation
5. Battements frappés - singles and doubles
6. Petits battements
7. Développé with grand rond de jambe en l'air
8. Battements balancés
Slightly away from the barre:
9. Echappé, with relevés devant and derrière

2. Center
1. Port de bras
2. Battements tendus, en arrière and en avant
3. Temps lié

3. Adage
1. Grand plié, développé and demi-rond de jambe
2. Set exercise for 4th and 5th arabesques

4. Pirouette
1. Pirouette en dehors - taken singly
2. Pirouette en dedans

5. Allegro
Basic steps:
Balancé en avant and en arrière and en tournant, entrechat quatre, glissade changé, pas de bourreé dessus soutenu, sissonne en avant ouverte, sissonne en arrière fermée soutenu and de suite, soubresaut
Set enchaînements:
1. Changements and soubresauts
2. Glissade, assemblé
3. Sissonnes
4. Round room: chassé temps levé, posé, jeté en attitude devant
5. Chassé temps levé in 1st arabesque and balancé - taken singly
6. Pas de chat with pas de bourreé
7. En diagonale: petits tours - taken singly to both sides
8. Batterie

**DANC 3663 Ballet III - Proficiency Standards Outline**
**1 hour and thirty minutes, 3 classes per week**

I. A high-intermediate advanced level ballet course that reflects the "DANC 3663 Technical Proficiency Standards" as printed in the dance student handbook. This course is designed to broaden and deepen student's understanding of intermediate advanced classical ballet vocabulary, movement concepts, processes, principles, and to improve and develop technical skills and artistry.

Students should demonstrate consolidated technical skills and range of movements in sequences of increased length and complexity. They should show a clear understanding of mechanics and purpose of the required vocabulary. An increased ability to sustain an appropriate sense of style throughout more complex sequences is expected as is an increased sensitivity to varying musical qualities. Technical facility and improved spatial awareness should lead to an increased assurance of presentation.

At the successful completion of the course the student will be able to demonstrate noticeable progress in the practice of the following course content:

A. Foundations
- Deepened physical and conceptual understanding of proper body alignment through the concepts of the center of gravity and line of gravity.
- Increased assimilation of the traditional "classical lift" from gravity in standing positions and throughout movement phrases.
- Greater incorporation of the use of turn-out in stillness and in movement.
- Assimilation of breath, phrasing and musicality within a wider frame of movement and music.
- Incorporation of all classical ballet poses and directions of movement.
- Demonstration of visual, physical and aural literacy of classical ballet.

B. Ballet Class Content will include:
- Traditional high-intermediat barre work.
- Traditional portions of intermediate classical center work.
- Course work is designed to define and develop;
    - All classical body positions and directions of movement.
    - Increased strength and flexibility as in extensions in adagio.
    - Increased balance and control to sustain lines of classical ballet throughout all class combinations.
    - Increased speed and complexity of center-of-weight shifts and weight transfer phrases.
    - Assured preoperational and connecting movements.
    - Increased vocabulary of turning movements.
    - Speed, agility, clarity, ballon and precision in petite allegro and batterie movements.
    - Power, dynamics, ballon, expansiveness, flow and grace in grand allegro phrases.

C. Performance Expectations and Outcomes
- Knowledge of classical vocabulary content in course work.
- Established dynamic qualities in movements at the barre and in the center.
- Musicality and breath in the use of tempo, rhythm and phrasing.
- Spatial clarity and articulation of the clearly defined classical directions of the body.
- Synthesis and execution of well formed phrases and classroom combinations.

- Performance reflecting growth in movement/expressive capabilities.
- Participation in a graded jury requiring application of movement material.

See specifics of course content on next page.

Ballet III Course Content

Students should have a working knowledge of the basic movements and theory in previous courses

Theory
Positions of the body: effacé
Arabesques: 4th and 5th
Attitudes: croisé and effacé

1. Barre
1. Pliés in 2nd, 1st and 5th positions
2a. Battements tendus en croix with transfer of weight
2b. Battements dégagés with piqués
3. Grands battements en croix
4. Ronds de jambe à terre, with preparation and ending
5. Battements frappés - singles and doubles
6. Petits battements
7. Fondu movements
8. Adage
9. Battements balancés

2. Center
1. Port de bras
2. Grands battements
3. Battements tendus en croix with battements dégagés
4. Temps lié

3. Adage
1. Deux grands rond de jambe en l'air avec arabesque
2. Attitudes with pirouette en dedans

4. Pirouette
1. Pirouette en dehors from 4th position - taken singly
2. Pirouette en dehors with relevés

5. Allegro
Basic steps: Assemblé en avant, assemblé élancé dessus, demi-contretemps, entrechat royale, grand jeté en tournant and en avant, pas de bourrée devant and derrière and pas de bourrée couru, posé développé, posé tour, sissonne fermée dessus (arms en bas), soussus.
1. Echappés sautés and pas de bourrée dessous
2. Sissonnes - taken singly
3. Pas de bourrée
4. Soussus, posé, pas de bourrée couru, changement
5. En diagonale: demi-contretemps, assemblé élancé- taken singly
6. Grands jetés en tournant - taken singly
7. Posés développés
8. En diagonale: posé tours and petits tours - taken singly to both sides
9. Batterie

**DANC 4664 Ballet IV - Proficiency Standards Outline**
**1 hour and thirty minutes, 3 classes per week**

I. An advanced level ballet course that reflects the "DANC 4664 Technical Proficiency Standards" as printed in the dance student handbook. This course is designed to broaden and deepen student's understanding of advanced classical ballet vocabulary, movement concepts, processes, principles, and to improve and develop technical skills and artistry.

Students should be able to demonstrate a comprehensive knowledge and understanding of ballet vocabulary through a wide range of movements performed with technical strength. Along with confidence, students should convey self-awareness, resulting in a sensitive personal interpretation of musical mood. Students should also demonstrate a mature awareness of audience as well as subtleties of performance combined with expression and fluidity of movement involving dynamics and use of space.

At the successful completion of the course the student will be able to demonstrate noticeable progress in the practice of the following course content:

A. Foundations

- Confirmed physical and conceptual understanding of proper body alignment and traditional "classical lift."
- Advanced capability to use turn-out, in stillness, as preparation to move, and throughout movement phrases.
- Breath, phrasing and musicality as performed innately within movement's phrases.
- Enablement and all classical ballet poses are integrated into all classical phrases.
- Transfers of weight inform all pirouette, petite and grand allegro movements
- Demonstration of visual, physical and aural literacy of classical ballet course content.
- Established physical and conceptual understanding of the advanced principals of ballet.

B. Ballet Class Content will include:
- Traditional advanced barre work.
- Traditional portions of advanced center work.
- Course work is designed to define and develop;
    - Stylistically enhanced movement phrases within the classical framework of ballet.
    - increased strength and flexibility
    - Increased balance and control to sustain advanced lines of classical ballet.
    - Center-of-weight shift and weight transfer phrases in the center floor work.
    - Advanced turning movements in center pirouette combinations.
    - Speed, agility, clarity, ballon and precision in petite allegro movements.
    - Power, dynamics, ballon, expansiveness, flow and grace in grand allegro phrases.
    - Developing artistry masks connecting and preoperational steps as part of the dance phrase.

C. Performance Expectations and Outcomes
- Knowledge of classical content and vocabulary as required in course content.
- Established dynamic qualities in movements at the barre, example as frappe to developpe
- Musicality and breath in the use of tempo, rhythm and phrasing.

- Spatial clarity and articulation of the defined classical directions of the body throughout course content.
- Synthesis and execution of well formed phrases and classroom center combinations.
- Performance reflecting growth in movement/expressive capabilities.
- Participation in a graded solo jury requiring application of course movement material.

See specifics of course content on next page.

Ballet IV Course content

Students should have a working knowledge of the basic movements and theory in previous courses.

Theory
Arm positions: 3rd
Positions of the body: épaulé
Movement in dancing and its meaning: glisser
Arabesques: 1st, 2nd and 3rd

1. Barre
1. Pliés in 2nd, 1st and 5th positions
2a. Battements tendus
2b. Battements dégagés
3. Grands battements with retiré
4. Ronds de jambe à terre, with preparation
5. Battements frappés - singles and doubles
6. Petits battements
7. Développé with grand rond de jambe en l'air
8. Battements balancés
9. Echappé, with relevés devant and derrière

2. Center
1. Port de bras
2. Battements tendus, en arrière and en avant
3. Temps lié

3. Adage
1. Grand plié, développé and demi-rond de jambe
2. Set exercise for 4th and 5th arabesques

4. Pirouette
1. Pirouette en dehors - taken singly
2. Pirouette en dedans

5. Allegro
Basic steps: Balancé en avant and en arrière and en tournant, entrechat quatre, glissade changé, pas de bourreé dessus soutenu, sissonne en avant ouverte, sissonne en arrière fermée soutenu and de suite, soubresaut
Set enchaînements: to be demonstrated together apart from where specified
1. Changements and soubresauts
2. Glissade, assemblé
3. Sissonnes
4. Round room: chassé temps levé, posé, jeté en attitude devant
5. Chassé temps levé in 1st arabesque and balancé - taken singly
6. Pas de chat with pas de bourreé
7. En diagonale: petits tours - taken singly to both sides
8. Batterie

6. Dance
Teacher's choice of a classical solo, not to exceed one minute.