



Integral Youth Ballet Standards and Syllabus

Pre Ballet Standards and Syllabus, .75 or 1.00 hours, Once or Twice Weekly

Standards

1.0 Artistic Perception

Students demonstrate movement skills, process sensory information, and describe movement, using the vocabulary of dance.

Development of Motor Skills and Technique:

- 1.1 Student follows directions to move in a multitude of ways
- 1.2 Student imitates movements demonstrated by peers and instructors

Comprehension and Analysis of Dance Elements:

1.3 Student responds to descriptive movement instructions and can perform opposites (fast/slow, high/low, big/little, etc)

Development of Dance Vocabulary

1.4 Student can name basic ballet terminology when visually presented with the movement and can perform the movement when provided the step's name (plié, borré, passé, ronde de jambe, pas de chat, pique, tendu, arabesque, relevé, etc).

2.0 Creativity

Students apply choreographic principles, processes, and skills to communicate meaning through the performance of dance.

Creation/Invention of Dance Movements

- 2.1 Student can create movements that reflect ordinary activity and movements that imitate other ideas and concepts.
- 2.2 Student can respond spontaneously to different types of music and rhythms.

3.0 Historical and Cultural Context of Dance

Students develop understanding of dance and ballet throughout the world and are introduced to famous ballets, dancers and composers through various mediums including books, music, video, etc.

Development of Dance

3.1 Name and play characters in famous ballets, imitate movements and gestures performed in the ballets.

Syllabus

- Learning music, counting music, rhythm



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- Learning characters of classical ballet
- Experimenting with creative movement and improvisation
- Experimenting with costumes and choreography
- Early understanding of basic ballet movements
 - Plié, pique, port de bras, passé, chassé, borré, tendu, balance
- Early understanding of ballet terminology, recite and repeat
 - Tendu, plié, relevé, passé, pique, etc.

Class Structure

- Center Circle
 - Pointe and flex the pencils
 - Port de bras with tea cup fingers and grapefruit earrings
 - Sink stretch
 - Canoe rides
 - First and Second with the legs and arms
 - Floor barre developé
- Basic Barre
 - Piques en croix, sauté in first
 - Plié and relevé with port de bras
 - Passé battu
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- Across the floor
 - Borré
 - Chassé
 - Tendu walks and arabesque
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- Free dance with costumes and props
 - The children improvise their story ballets based on a new classical ballet. A new ballet is presented every six-eight weeks