

Year Four Ballet Syllabus Breakdown

Category	Number of Exercises
First Exercise – Plié, élevé, port de bras	10
Second Exercise – Tendu from first position	10
Third Exercise – Tendu from third position	10
Fourth Exercise – Ronds de jambe	10
Fifth Exercise – Ballet Walks / Bourrée / Ballet Runs	10
Sixth Exercise – Skips / Polka / Chassé	9
Seventh Exercise – Relevé, temps levé, echappé	8
Eighth Exercise – Spotting	2
Ninth Exercise – Soutenue turns	2
Movement Explorations	8
Creative Explorations	14
 Activity Sheets	 15
 Lesson Plans – 30 minute format	 30
 Lesson Plans – 45 minute format	 30

Sample from: Dance- Teaching Beyond the Steps Year 4 Ballet

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Lesson 15 – 30 Minute Class

Exercise	Directions
First -5	Verbally cue the exercise for the students.
Second - 5	Verbally cue the exercise for the students.
Third – 5	Verbally cue the exercise for the students.
Fourth – 5	Verbally cue the exercise for the students.
Fifth – 5	Have the students go one at a time with 8 counts in between each one.
Sixth – 5	Verbally cue the exercise for the students. Have the students divided into 2 groups and do the exercise with both groups.
Seventh – 4	Verbally cue the exercise for the students.
Performance Dance	Continue to add onto the performance dance.

Hand out Activity Sheet #8

Lesson 15 – 45 Minute Class

Exercise	Directions
First -5	Verbally cue the exercise for the students.
Second - 5	Verbally cue the exercise for the students.
Third – 5	Verbally cue the exercise for the students.
Fourth – 5	Verbally cue the exercise for the students.
Movement Exploration – 5	Verbally cue the exercise for the students.
Fifth – 5	Have the students go one at a time with 8 counts in between each one.
Sixth – 5	Verbally cue the exercise for the students. Have the students divided into 2 groups and do the exercise with both groups.
Seventh – 4	Verbally cue the exercise for the students.
Eighth – 2	Have the students work in groups of 3 in a triangle formation.
Ninth – 2	Have the students work in groups of 5.
Creativity Exploration –11	Explain the exercise and demonstrate movement ideas to the students as they watch. Follow the directions on the exercise card.
Performance Dance	Continue to add onto the performance dance.

Hand out Activity Sheet #8

First Exercise - 5

Music – 64 counts per side 4/4 Meter

Approximate Band Length – 1 minute per side

Location – Left side to the barre

Starting Position – First position – arms preparatory position

Counts

Introduction

1-2

3-4

1-4

1-2

3-4

1-4

1-4 x 3

1-4

1-4 x 3

1-4

1-2

3-4

1-2

3-4

1-2

3-4

1-4

Repeat on the left side

Points to Watch

This is the students first set of plié with one hand on the barre, watch body alignment especially as the positions change.

*Foci—plié with one hand on the barre.

Movement

Maintain leg position and lift both arms to first position, place left hand on the barre and open the right arm to 2nd position. Head focus is straight front unless noted.

Demi plié

Stretch legs.

Repeat plié and stretch.

Elevé in 1st position.

Lower heels

Tendu right foot to 2nd and adjust weight and arms.

Repeat in 2nd position

Point the right foot side and close in 3rd position with right foot front.

Repeat in 3rd position

Tendu the right foot front and close in 1st position

Change head focus to the right hand and lower to preparatory position.

Follow the right hand with the head as it lifts to first position.

Follow the right hand with the head as it lifts to third position.

Follow the right hand with the head as it opens to second position.

Follow the right hand with the head as it lowers to preparatory position.

Return the head focus to the front as the left hand lowers from the barre to preparatory position.

Hold the finish position.

Second Exercise – 5

Music – 64 Counts per side 4/4 Meter

Approximate Band Length – 1 Minute 20 seconds per side

Location – 2 hands facing the barre

Starting Position – Turned out First Position, arms in preparatory position

Counts

Introduction

1-2

3-4

1-4 x 3

1-4 x 4

1-4 x 4

1-4 x 4

Repeat on the left side

At the conclusion the legs remain in first position and the arms lower off the barre to preparatory position.

Movement

Legs maintain the position and arms raise to hold the barre.

Shift the weight slightly to the left leg and tendu the right leg to the front.

Return the right leg to first position.

Repeat 3 additional times.

Repeat to the side

Repeat to the back.

Repeat to the side

Additional Points to Watch

Remind students to keep both legs straight throughout the exercise

*Foci—increased endurance and introduction of en croix. Explain to the students that when we dance the same pattern to the front, side, back and side we use the term en croix. The term translates to “in the shape of a cross”

Third Exercise – 5

Music – 64 counts per side 2/4 Meter

Approximate Band Length – 50 seconds per side

Location – 2 hands facing the barre

Starting Position – Third Position, right foot in front – arms in preparatory position

Counts

Introduction

1-2

1-2

1-2

1-2

1-2 x 12

1-2

1-2

1-2

1-2

1-2 x 12

Movement

Maintain leg position, arms raise to hold the barre.

Slightly shift the weight to the left leg. Tendu the right leg to the front.

Hold the stretched leg and ankle position.

Return to third position.

Hold the position

Execute 3 additional tendu to the front with the right leg.

Slightly shift the weight to the left leg. Tendu the right foot side.

Hold the stretched leg and ankle position.

Return to third position right foot front.

Hold the position.

Execute 3 additional tendu to the side with the right leg closing back, front and back.

Lower the hands off of the barre to preparatory position

Repeat the whole exercise with the left leg.

Additional Points to Watch

Watch for shifting in the body weight when the closing alternates between front and back.

*Foci—alternating the closing between front and back when executing tendu to the side.

Fourth Exercise – 5

Music – 64 meas 3/4 Meter

Approximate Band Length 1 minute 50 seconds per side

Location – 2 hands facing the barre

Starting Position – Turned Out First Position – arms in preparation

Measures

Introduction

1-2

3-4

1-2

3-4

1-4 x 6

1-4 x 8

Movement

Maintain leg position and place both hands on the barre.

Tendu the right foot to the back.

Ronds de jambe the right leg to the side

Close the right leg to first position

Demi plié and stetch

Repeat 3 more times, back to side.

Repeat 4 times from side to front

Lower the hands off the barre at the end of the exercise

Repeat with the left leg.

Additional Points to Watch

Introduces the ronds de jambe from back to side

*Foci—introduction of ronds de jambe en dedans starting back

Fifth Exercise – 5

Music – 192 counts 4/4 Meter

Approximate Band Length 1 minute 27 seconds, repeat as often as needed

Location – 2 hands facing the Barre

Starting Position – Third position with the right leg in back

Bourrée sideways to the left down the length of the barre.

Have the next student begin after 8 counts.

After all of the students have gone, repeat the exercise with the left foot back traveling to the right.

Try to work for a 15 foot length of barre. Use additional barres if needed.

Additional Points to Watch

Maintain the crossed position of the legs

Remind the students to remain parallel to the barre

Watch the distance between the student and the barre, the tendency is for the students to get too close to the barre

*Foci—introduction of bourrée to the side in third position.

Sixth Exercise – 5

Music – 64 Counts 2/4 Meter

Approximate Band Length – 1 minute 20 seconds

Location – Across Floor

Starting Position – Third Position, right foot front – Elbows bent with the hands behind the waist, palms facing out.

Counts

Introduction
and

1
and
2

and

1
and
2

Movement

Maintain position

Hop on the right foot and execute a small développé with the left foot. The head turns towards the left shoulder.

Step forward on the left foot on relevé. Maintain the head position.

Close the right foot to the left foot on relevé. Maintain the head position.

Step forward on the left foot on relevé. Maintain the head position.

Hop on the left foot and execute a small développé with the right foot. The head turns towards the right shoulder.

Step forward on the right foot on relevé. Maintain the head position.

Close the left foot to the right foot on relevé. Maintain the head position.

Step forward on the right foot on relevé. Maintain the head position.

Travel the pas de Polka forward from point 5 to 1

Reverse the movement to execute the pas de polka backwards from point 1 to 5.

Do not use the head when traveling backwards

Do not use the small développé when traveling backwards

Additional Points to Watch

All of the movements have the same beat value

*Foci—adding the syncopation so that each pas de polka takes only 1 measure of music

Seventh Exercise – 4

Music – 64 counts 2/4 Meter

Approximate Band Length 1 minute

Location – Center

Starting Position – First Position – hands on hips

Counts

Introduction

1

2

1-2

1-2 x 6

1-2 x 8

1-2 x 8

1-2 x 8

Movement

Maintain position

Demi plié in first position.

Temps levé in first position

Land in demi plié and straighten

Repeat 3 more times opening the left foot to 2nd position on the last count

Repeat the exercise in second position, closing the left foot to third position front on the last count

Repeat the exercise in third position, left foot front, changing to right foot front on the last count.

Repeat the exercise in third position, right foot front.

Additional Points to Watch

Remind the students to use their abdominal muscles to help them control their torsos

Encourage the students to continue to plié until they explode into the jump

Remind the students to stay pulled up through the body when they are landing to avoid collapsing

*Foci—introduction of temps levé in all positions in the center

Movement Exploration – 5

Music – anything pleasant for background music

Location – center floor

Starting Position – Parallel first position, one arm in first position, one in second

Stand on one leg with the other knee bent and foot at the ankle, hold this position for 30 seconds without wobbling

At the same time keep switching the arm positions from side to side, keep the arm movements fluid

Repeat on the second side

Repeat both sides with both legs turned out

Explain that changing the arm positions creates additional challenges to the balance because of the weight shifting in the upper body

The movement from side to side also creates a visual distraction which can affect the eye focus part of balance

Eighth Exercise – 2

Music – 64 Counts 4/4 Meter

Approximate Band Length 1 minute 15 seconds

Location – Center

Starting Position – Standing in turned out first position, arms in first position.

Counts

Introduction

1-3

4

1-4 x 7

1-4 x 8

Movement

Maintain position.

Looking at yourself in the mirror, walk in place rotating counter clockwise as far as you can without moving your eye focus from the mirror.

Turn your head counter clockwise trying to find yourself in the mirror again and let your body follow

Repeat 7 more times counter clockwise

Repeat 8 times counter clockwise

Points to Watch

The arms in first position will make it harder to turn the body in one piece

The turned out feet will affect how much rotation can be made in the first 3 counts

*Foci—challenging spotting with leg and arm position changes

Ninth Exercise – 2

Music – 64 counts 2/4 Meter

Approximate Band Length 1 minute per side

Location – Across Floor

Starting Position – Turned Out First Position – arms in preparatory position

Counts

Introduction

1-2

1-2

1-2

1-2

1-2 x 28

Movement

Maintain position.

Step the left foot open to second position and open the arms to second position

Cross the ball of the right foot over the left foot, right knee is bent, arms close to first position

Straighten both legs as you rise to the balls of both feet turn to the left, arms raise to third position

Lower to first position arms return to first position

Repeat 7 more times to the left.

Repeat the soutenu to the right

Additional Points to Watch

Coordinate the arms with the legs

The body should be facing the audience as the leg is crossed over

Encourage the students to try to spot themselves in the mirror during the turn

*Foci—introduction of soutenu turn with arms

Creativity Exploration – 11 –Excited Group

Music –music that is very excited or busy in feeling, fast in tempo and about 30 seconds in length

Location – Center

Starting Position – Standing

Divide the students into 2 groups

Play the music for the students and ask them to choreograph a dance using the steps that they know to project a feeling of excitement. Ask the students to think about how they move when they are excited and have that reflected in their dance. Have the dancers relate to the other group members but the focus is not in creating a group dance. Play the music twice through for the dancers to practice

Have one group of student perform for the other group

Each group should perform for the whole 30 second piece

Encourage the students to pay attention to each other and clap at the end of each performance

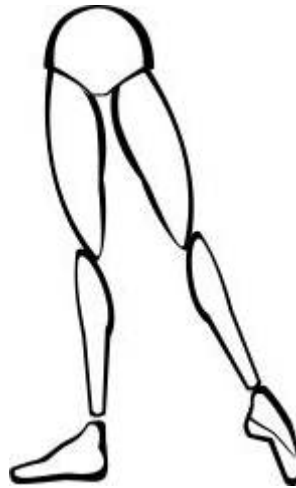
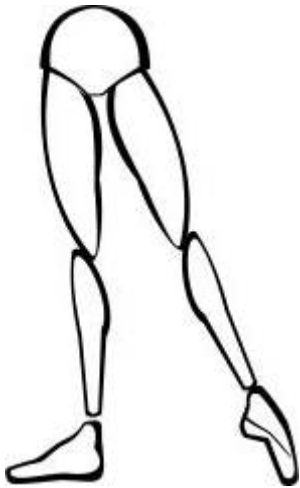
Comment on movement qualities that projected excitement well and how the group interacted as a whole

En Croix

En Croix means in the shape of a cross.

We use the term when we are doing the same pattern to the front, side, back and side with a step like a tendu.

Match the tendu direction pictured below with the order that it would be done en croix. Color the picture and the words the same color.



First

Second

Third

Fourth

Practice your tendus en croix with both legs.