

Year Three Ballet Syllabus Breakdown

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Foundation Exercises	10
First Exercise – Plié and Positions	10
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Sample Lesson www.abcfordance.com

Dance – Teaching Beyond the Steps Year 3 – Preparatory Ballet I

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Lesson 15

Order	Exercise	Directions
1	Exercise 1-5	Have the students execute the full exercise as you both demonstrate and verbally instruct them.
2	Exercise 2-5	Have the students execute the full exercise as you both demonstrate and verbally instruct them.
3	Exercise 3-5	Have the students execute the full exercise as you both demonstrate and verbally instruct them.
4	Exercise 4-5	Demonstrate 8 Bourrées traveling forward at the barre. Have the students stand in 1 st position turned out with their left hand on the barre and travel down the length of the barre (15 feet maximum) traveling forward. Once all of the students have gone, travel backwards. Repeat with the right hand on the barre. Begin the next student when the previous student is at the half way point.
5	Exercise 5-5	Have the students in lines across the back wall of the studio. Demonstrate 4 Polka Steps traveling forward, saying the components as you demonstrate. Demonstrate and verbally instruct the students as you travel straight downstage with the polka steps. Repeat this with every line.
6	Exercise 7-3	Have the students execute the full exercise as you both demonstrate and verbally instruct them.
7	Exercise 8-3	Have the students execute the full exercise as you both demonstrate and verbally instruct them.
8	Exercise 9-3	Have the students travel across the floor two at a time as you verbally instruct them. Have each pair of students begin after 8 counts.
9	Performance Dance	Review the dance that has been taught so far.
10	Exercise 6-4	Demonstrate and verbalize the full exercise on one side as the students watch. Have the students execute the full exercise as you both demonstrate and verbally instruct them.

Activity Sheet #8 – Second Position Arms

First Exercise - 5

Music – 64 Counts for each side 4/4/ Meter

Approximate Band Length – 45 seconds per side

Location – 2 Hands facing the barre

Starting Position – 1st position – arms preparatory position

Counts

Introduction

1-4

1-4

1-4 x 2

1-4

1-4

1-4 x 4

1-4

1-4

1-4 x 4

Movement

Maintain leg position and place hands on the barre.

Demi plié 1st position.

Stretch legs.

Repeat plié and stretch.

Tendu the right foot to the side to open to 2nd position.

Center weight and adjust hands on the barre.

Repeat the plié in 2nd position.

Point the right foot and close it to 3rd position right foot front.

Center weight and adjust hands on the barre.

Repeat the plié in 3rd position with the right foot in front.

At the conclusion of the right side, stop the music and have the students return to the starting position to begin the left side

Second Exercise – 5

Music – 64 counts per side 2/4 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

1-2

1-2

1-2

1-2 x 12

1-2

1-2

1-2

1-2

1-2 x 6

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 first 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. The leg should be following the diagonal made by the first position.

Hold the stretched leg and ankle position.

Return to first position.

Hold the position.

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

Repeat the whole exercise with the left leg.

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

Third Exercise – 5

Music – 16 Measures per side 3/4 Meter

Approximate Band Length 1 minute per side

Location - Center

Starting Position – Turned out First Position – hands on hips

<u>Measures</u>	<u>Movement</u>
Introduction	Maintain position
1	Tendu the right foot to the front.
2	Ronds de jambe the right leg to the side. Finish in a natural diagonal from the first position, not in a direct line to the side.
3	Maintain the position without allowing weight to shift onto the gesture foot.
4	Return to first position.
5-16	Repeat to the right 3 additional times.

You may either stop the music and then begin the left side or just continue to the left side.

Fourth Exercise – 5

Music – 192 counts 4/4 Meter

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

Location – Barre

Starting Position – Turned out first position arms preparatory position, begin with left hand on the barre, left side of the body sideways to the barre

Bourrée forward down the length of the barre.

Beginning with the right hand on the barre, right side of the body sideways to the barre:
Bourrée backward down the length of the barre.

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

The next time this exercise is taught begin with the right hand on the barre going forwards and the left hand backwards.

Fifth Exercise – 5

Music – 64 counts 2/4 Meter

Approximate Band Length – 1 Minute 20 seconds, repeat as often as needed

Location – Center

Starting Position – Turned out First Position – hands on hips

Counts

Introduction

and

1

2

1

2

Movement

Maintain position

Step forward onto the right foot.

Hop on the right foot.

Step forward on the left foot on relevé.

Close the right foot to the left foot on relevé.

Step forward on the left foot on relevé.

Repeat 16 times as a group.

When teaching the pattern initially, it may be easier to do without music.

Sixth Exercise – 4

Music – 16 measures per side 3/4 Meter

Approximate Band Length – 45 seconds per side

Location – Center facing point number 8

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

Measures

Introduction

1

2

3

4

ward.

5-8

position.

9-12

Movement

Maintain leg position

Raise arms to 1st position, looking into the right hand.

Raise arms to 3rd position while continuing to looking into the right hand.

Open the arms to 2nd position continuing to look at into the right hand.

Return to preparatory position. Follow the right hand down with the head and then adjust the focus forward.

Reverse the movements so that the arms travel from preparatory to 2nd position, 3rd position, and 1st

Repeat the exercise 1 more time

At the end of the exercise turn to point 2 and repeat the exercise with the focus being on the left hand.

Seventh Exercise – 3

Music – 64 counts 2/4 Meter

Approximate Band Length 1 minute

Location – Facing the barre

Starting Position – Turned Out First Position – 2 hands on the barre

<u>Counts</u>	<u>Movement</u>
Introduction	Maintain position.
1-2	Press to ball of right foot keeping the ankles and knees in line without increasing or decreasing the amount of turnout.
1-2	Stretch right foot and ankle to a full point with the foot off of the floor.
1-2	Return to the ball of the right foot while maintaining the stretch of the right ankle (relevé position).
1-2	Lower heel.
1-2 x 12	Execute 3 additional presses with the right leg.
1-2 x 16	Repeat the exercise with the left leg.

At the conclusion of both sides lower both arms off of the barre and hold in preparatory position.

Eighth Exercise – 3

Music – 64 counts 2/4 Meter

Approximate Band Length 1 minute

Location – Center

Starting Position – Sitting on floor, legs as long as possible in front of body. legs parallel and hands down by sides

<u>Counts</u>	<u>Movement</u>
Introduction	Maintain position.
1-2	Stretch ankle and ball of the foot to a relevé position.
1-2	Continue to extend foot until fully pointed.
1-2	Flex just the toes to the ball of the foot in a relevé position .
1-2	Flex the whole foot and ankle, being careful to reduce some of the tension at the toe.
1-2 x 12	Execute 3 additional times.
1-2 x 16	Repeat the entire exercise with the legs rotated to first position. Think of the toes pointing to the ceiling corners more then to the side walls.

Ninth Exercise – 3

Music – 64 counts for each side 2/4 Meter

Approximate Band Length 1 minute per side

Location – Center

Starting Position – Turned Out First Position – hands on hips

Counts

Introduction

1-2

1-2

1-2

1-2

Movement

Maintain leg position.

Demi plié in 1st position, maintain plié and push the right leg into 2nd position plié.

Jump into the air bringing the left leg towards the right leg to close in the air (the legs close, not the feet).

As the jump is landed, maintain the demi plié in first position.

Stretch the knees and maintain the position.

Repeat continuously across the floor

Repeat to the left

Second Position Arms



In second position are the arms open or closed? _____



In second position are the arms front or side? _____



Draw eyes, a nose and a mouth on the pictures below.



How many second position arm pictures do you see? _____

