

## **Ballet 10 - Grade 4 Syllabus**

*General Goals:* to expand their technical training, increase their performance quality, knowledge of terminology, spacial awareness, and staying focused in class.

### ***Skills Introduced:***

- Demi et Grande Plie, Cambre Devant et Derrière
- Battements Tendus w/ Arm
- Battements Dégagés et Battements Pique
- Ronds de Jambe, Traditional Beginning and Ending
- Fondus 45 degrees
- Battements Retires w/ Hold
- Single/Double Frappe, sur le Cou Fondu w/ Incline Head
- Petits Battements, Attitude en Arrière, en Quatrième Arabesque
- Adage – Développé Devant, Grande Rond de Jambe, Grand Fouette
- Grands Battements w/ Head
- Battements Balances 45 – 60 degrees
- Relevés 5th, Échappé Relevé Change, Relevé passes
- 1st, 2nd, 3rd and 4th Ports de Bras
- Battements Tendus
- Grand Battements
- Adage Basic Steps
- 1st Arabesque Croise
- 2nd Arabesque Croise
- Grand Ronds de Jambe en l'air w/ l'Arabesque
- Attitude et Pirouette en Dedans Study
- Pirouettes en Dehors de Quatrième
- Pirouettes pour Filles
- Pirouettes en Dedans from a Lunge
- Entrechat Royale
- Entrechat Quatre
- Sissone en Arrière Ouverte
- Sissone en Arrière Ferme
- Allegro Enchainements
- Échappés Sautes, Pas de Bourrées, Changements
- Glissade, Assemblé, Pas de Bourrées
- Soussus, Pose en 1st Arabesque Croise, Relevé, Pas de Bourrée Couru, Changements
- Relevé 5th, Entrechat Royale
- Chasse, Temps Levé 1st Arabesque, Pose, Jeté
- Demi-Contretemps, Assemble Élançé, Chasse 1st Arab, Gr Jeté Tourne, Assemble, Sissone Ouverte
- Petits Tours en Diagonale
- Pirouettes en Dedans en Diagonale
- Pose Developpe
- Pas de Bourrée Pique
- Poses en Diagonale
- Échappés et Relevés

### ***Classroom Etiquette to Introduce and Reinforce:***

- Entering Class Ready to Dance
- Going straight to warm up (not playing on equipment)
- Ballet shoes on, hair pulled back, no gum
- Using the bathroom before class only
- Raising their hands before sharing with the teacher or the class
- Trying all new moves introduced in class

### ***Structure of Class:***

The first 10-15 minutes of each class is dedicated to warming up the student and working on flexibility at the barre. The next 15-30 minute section focuses on technique and mastering skills both center floor and across the floor. During the last 10 minutes a combination is taught, or recital choreography begins. It is important for our students to build the skills of learning and retaining choreography, as performance is the culmination of their technical training. The last 4-6 weeks before a performance, instructors may choose to shorten the technique portion, or omit it, in order to prepare and polish the routine.

At this level, students will be studying both classical and contemporary ballet - meeting 2.5 hours a week.

### ***Emphasis on Knowledge of Terminology:***

Students will work each week on not only memorizing and executing their Grade 4 ballet patterns correctly but also being able to remember and recall all terminology learned in class and what it means.

### ***Emphasis on Performance:***

Students are expected to rehearse class routines outside of class. CenterStage offers many tools to do this, including uploading music and practice videos to our YouTube channel. During class, teachers may choose to have students perform their routine in groups or individually, to assess what the student knows and what they need to work on. A student's knowledge and execution of their routine will also affect their positioning in the dance (i.e.: students unsure of their routine may be placed in the second or third row). This is for their own comfort ability so that they can watch other students who are more confident in remembering their moves. Ultimately though, it is our goal that each student memorize their routine.

### ***Reinforcement:***

We emphasize positive reinforcement in class, using high fives, clapping/cheering, giving a hug/pat on the back, and offering praise to encourage good behavior and dance technique. If a student displays good behavior or work, we will often use them as an example for the class.