

PRIMARY BALLET CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up					
Legs & Feet + Arms & Head					
Bend & Run					
Bend Point					
Transfer Of Weight					
Marches					
Jumps					
Springs					

Hops, Jumps & Springs					
Gallops					
Run & Leap					
Bouncing Ball Dance					
Cool Down					

GRADE 1 BALLET CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Warm Up					
Legs & Arms					
Port De Bras					
Plies					
Transfer Of Weight					
Walks					
Sautes					
Petits Jetes & Spring Points					

Step Hop & Parallel Assemble					
Dance A (It's Snowing)					
Dance C (gardening) Part 1					

GRADE 2 BALLET CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Plies					
Battement Tendus					
Preparation for Grand Battements					
Port De Bras					
Fondus					
Adage					
Sautes & Soubresauts					
Echappes & Petit Jetes					

Turns					
Dance C (garland) Part 1					
Dance C (garland) Part 2					
Dance C (garland) Whole thing					

GRADE 3 BALLET CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Plies					
Battement Tendus					
Battements Fondus					
Grand Battements					
Port De Bras					
Rond De Jambe A Terre					
Adage					
Sautes & Changements					

Glissades & Sissones Practice					
Glissades & Sissones Exercise					
Dance C (left leg) Part 1					
Dance C (left leg) Part 2					
Dance C (left leg) Whole Thing					

GRADE 4 BALLET CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Plies					
Tendus & Glisses					
Fondus & Rond De Jambe a Terre					
Developpes					
Grand Battements					
Port De Bras					
Centre Practice					
Adage					

Sautes					
Jetes & Pas De Chat Practice					
Jetes					
Dance B (waterfall) Part 1					
Dance B (waterfall) Part 2					
Dance B (waterfall) Whole Thing					

GRADE 5 BALLET CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Plies					
Battements Tendus					
Rond De Jambe a Terre					
Developpes					
Grand Battements					
Port De Bras					
Centre Practice					
Adage					

Petit Allegro					
Turns					
Dance B (bird) Part 1					
Dance B (bird) Part 2					
Dance B (bird) Whole Thing					

INTERMEDIATE BALLET CHECK LIST – SUMMER 2020 2nd HALF OF TERM

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Plies					
Battements Tendus					
Battements Glisses					
Rond De Jambe a Terre					
Battements Fondus					
Battements Frappes					
Petits Battements					
Rond De Jambe En L'air					

Adage					
Grand Battements					
Port De Bras					
Centre Practice					
Adage (1 st half)					
Adage (2 nd half)					
Allegro 1					
Allegro 2					
Allegro 3					
Allegro 4					