

Pre-pointe Progress Checklist

Class details

Class day/time	
Teacher	
Date of update	

Conditioning

** Not all conditioning exercises need to be covered. Below are a range of exercises for conditioning. Ensure you choose a selection that covers the four categories below. **

Foot shape and strength

Category	Step/ Movement	Details / Development	Progress
Theraband	Standing toe flexion		
	Ankle and toe flexion (sitting)		
	Ankle rotations (sitting)		
	Ankle inversion/eversion in plantar flexion (sitting)		
	Invert / evert the foot (sitting)		
	Big toe flexion (sitting)		
Non-therabandp	Manual foot shapping (plantar flexion / eversion)		
	Lifting arches (standing)		
	Lifting toes separately (standing)		

Core strengthening

Step/movement	Details/development	Progress
Plank		
Boat pose		
Supine leg lowers		
Supine scissor		
90 degree toe taps		
Side plank		
Knee pushes		

Turnout

Category	Step/ Movement	Details / Development	Progress
----------	----------------	-----------------------	----------

Theraband	Sitting, both legs extended forward. Wrap theraband around both feet. With feet flexed, turn out and in		
	Clamshells		
No theraband	Adductors Lay on side, top leg bent and foot flat on floor. Lift bottom leg, pulse, lower		
	Flamingo: <ul style="list-style-type: none"> stand in parallel, feet together – turnout (but keep feet parallel), relax Flamingo with turnout 		
	Supine 'beats'		
	Prone 'frog'		
Hip stretch	Standing glute stretch (at barre)		
	Pigeon pose		
	Cross legged forward stretch		
	Frog PNF with partners		

Demi pointe at the barre

Category	Step/ Movement	Details / Development	Progress
Warmup	Walking through the feet (straight supporting leg and bent supporting leg)		
Rises	Rises in 1 st position		
	Rises in 2 nd position		
	Rises on 1 leg, gesture leg cou-de-pied devant or derriere		
	Rises on 1 leg, gesture leg in retire, or extended devant, second or derriere		
Releve	Slow releve in 1 st position		
	Slow releve in 2 nd position		
	Fast releve in 1 st position		
	Fast releve in 2 nd position		
	Echappe releve		
	Releve retire (initially in 4 parts – sous sous, retire, sous sous, lower), then demi plie, releve retire, plie		
	Releve on 1 leg, gesture leg leg cou-de-pied devant or derriere		
	Releve on 1 leg, gesture leg extended devant, second, or derriere		
Other	Pas de bourree pique		
	Coupe fouette raccourci		
	Pose coupe		

	Pose into arabesque or attitude		
Balance on demi pointe	Balance in sous sous		
	Balance in retire		
	Balance with low extension a la seconde		
	Balance with low extension devant		
	Balance in arabesque		
	Balance in attitude derriere		
	Balance in attitude devant		

Demi pointe in the centre

Category	Step/ Movement	Details / Development	Progress
Eleve	Rises in first		
	Rises in second		
Releve	Releve in first		
	Releve in second		
	Releve from 3 rd /5 th to sous sous		
	Echappe releve		
	Releve retire		
Balance	Balance on 1 leg (foot flat)		
	Balance en demi pointe (first, second, sous sous)		
Pas de bourree couru	Sur le place		
	En tournant		
Other	Pas de bourree pique		
	Coupe fouette raccourci		
	Glissade piques de cote (pose, then quickly bring in other foot into sous sous)		