

Ballet Syllabus – Progress Checklist

Level 4D (starting the level)

Class details

Class day/time	
Teacher	
Date of update	

Basics

Category	Step/ Movement	Details / Development	Progress
Arm positions	As per previous level		
Positions of the feet	As per previous level		
Directions of the limbs	As per previous level		
Body facing	As per previous level		
Direction of movement	As per previous level		
Patterns of leg movement	As per previous level		
Level of legs	As per previous level		
Head coordination – quarter turn with tilt	As per previous level		

Barre

Category	Step/Movement	Details / Development	Progress
Arms	As per previous level		
Cambre/penche	As per previous level		
Plie	As per previous level		
Battement tendu	As per previous level		
Battement glisse	As per previous level		
Rond de jambe a terre	With demi plie as pass through first		
Battement soutenu	As per previous level		
Assemble soutenu	As per previous level		
Rotation	As per previous level		
Battement frappe	As per previous level		
Petit battement	As per previous level		
Petit retire	As per previous level		

Category	Step/Movement	Details / Development	Progress
Battement frappe fouette	As per previous level		
Adage			
Rond de jambe en l'air	Rond de jambe en la'ir, en dehor and de dedan, double extending with fondu or a rise		
Battement fondu	As per previous level		
Developpe	As per previous level		
Demi grand and grand rond de jambe	As per previous level		
Arabesque	As per previous level		
Attitude	As per previous level		
Renverse	Renverse		
Fouette of adage	As per previous level		
Fouette	As per previous level		
Grand battement	Grand battement en rond, en dehor and en dedan		
	Grand battement fouette		
Tombe	As per previous level		
Demi Pointe			
Eleve	As per previous level		
Releve	As per previous level		
Demi detourne	As per previous level		
Pose on demi pointe	As per previous level		
Pas de bourree	As per previous level		
Coupe fouette raccourci	As per previous level		
Balance on demi pointe	As per previous level		

Centre

Category	Step/Movement	Details / Development	Progress
Port de bras and cambre/penche	As per previous level		
Plie	As per previous level		
Battement tendu	As per previous level		
Battement glisse	As per previous level		
Battement soutenu	As per previous level		

Assemble soutenu	As per previous level		
Rond de jambe a terre	As per previous level		
Battement frappe	As per previous level		
Petit battement	Petit battement serres on whole foot in the centre		
Grand battement	As per previous level		
Assemble soutenu	As per previous level		
Adage			
Rond de jambe en l'air	Double rond de jambe en l'air, en dehor and en dedan in the centre		
Temp lie	As per previous level		
Chasse	As per previous level		
Tombe	As per previous level		
Battement fondu	En croix, en l'air, with rise on extension		
Retire	As per previous level		
Developpe	As per previous level		
Arabesque	Arabesque penché		
Attitude	As per previous level		
Demi grand and grand rond de jambe	Grand rond de jambe en dehor and en dedan in the centre		
Degage	As per previous level		
Fouette of adage	From second to devant		
Rotation	As per previous level		
Promenade	Promenade en dedan, gesture leg devant		
Fouette	Fouette en l'air en dedan, from pose, en demi pointe, leg at 45-90 degrees		
Walks and runs	As per previous level		
Demi pointe	As per previous level		
Pas de bourree	En tournant devant		
Turns			
Pirouette en dehor	As per previous level		
Pirouette en dedan	Pirouette en dedan, single turn, gesture leg in arabesque or attitude, arms in 4 th or arabesque		
	Pirouette en dedan, double turn, arms in 1 st position turn		
Chaine	As per previous level		

Petit pas de basque en tournant	As per previous level		
Pose turn en dedan	As per previous level		
Pose turn en dehor	As per previous level		
Assemble soutenu en tournant	As per previous level		
Fouette rond de jambe en tournant	As per previous level		
Releve passe by half turn	As per previous level		
Allegro			
Echappe saute	As per previous level		
Changement	As per previous level		
Soubresaut	As per previous level		
Petit jete	As per previous level		
Jete ordinaire	As per previous level		
Glissade	As per previous level		
Assemble	As per previous level		
Sissone	Sissone ouvert change, en arriere		
Ballonne	As per previous level		
Pas de chat	As per previous level		
Other allegro	Temp de fleche		
Grand jete	Jete rond de jambe saute – singles en avant (en dedan) and en arriere (en dehor)		
Gallops and polka	As per previous level		
Pas de basque	As per previous level		
Balance / waltz	As per previous level		
Combinations	As per previous level		
Reverence	As per previous level		