

Ballet Syllabus – Progress Checklist

Level 3A (Starting the level)

Class details

Class day/time	
Teacher	
Date of update	

Basics

Category	Step/ Movement	Details / Development	Progress
Arm positions	Open (allongé) positions for fourth and fifth, palms down		
	Open (allongé) fifth, palms up		
Positions of the feet	Fifth position		
	Fourth opposite fifth		
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	Alternating feet (devant, derriere, second, devant – and reverse)		
Level of legs	As per previous level		
Head coordination	As per previous level		

Barre

Category	Step/Movement		Progress
Arms	As per previous level		
Cambré/Penché	Sideways (cambré) with degage en fondu (toward or away from the barre)		
	Backwards (cambré) - recover arm 2 nd		
Plié	As per previous level		
Battement tendu	Battement tendu in 1 count – accent out or in		

	Tendu with alternating feet (eg devant with outside foot, derriere with inside foot, second with outside foot (close derriere), devant with inside foot)		
Battement glissé	Add head coordination, ¼ turn away from the barre for devant and derriere, ¼ turn towards the barre for second, arm held in second position		
Rond de jamb a terre	Rond de jambe in 1 count (in 6/8 or other compound time)		
Battement soutenu	Drawing up to demi pointe on close		
Assemble soutenu	Drawing up to demi pointe (on closing phase)		
Battement frappé	Battement frappe, en croix, double beats		
Battement fondu	En l'air, alternating legs		
Developpé	Developpe with alternating legs		
Grand rond de jambe	Grand rond de jambe en dehor		
Arabesque en l'air	As per previous level		
Attitude	As per previous level		
Grand battement	Alternating legs		
Tombé	As per previous level		
Elevé	Rises on 1 leg, gesture leg petit retire or retire		
Relevé	Releve retire devant, derriere, and passe en avant and en arriere (sideways to the barre)		
Demi detourné	Demi-detourne, away from the barre		
Posé on demi pointe	Combination of pose coupe en avant, en arriere, and de cote, with petit developpe into pose		
Pas de bourree	Pas de bourree pique (facing the barre) in 2 counts		
Balance on demi pointe	Balance on demi pointe in retire derriere		

Category	Step/Movement		Progress
Port de bras and cambré/penché	Circular port de bras in grand 4 th (lunge) (teach initially without the back cambre)		
Plié	Grand plie in first and second		
Degagé	As per previous levels		
Battement tendu	Battement tendu devant and a la seconde in the centre in 4 or 2 counts/tendu		
Rotation	Straight supporting leg		
	devant to derriere		
	derriere to devant		
Battement soutenu	As per previous level		
Assemble soutenu	Assemble soutenu en dedan, with straight supporting leg or en fondu		
Adage			
Temp lie	Temps lie en l'air: En avant, gesture leg straight or attitude Sequence: count 1 degage, count 2 plie, count 3 transfer weight and lift gesture leg en l'air simultaneously (45 degrees), counts 4-7 hold, count 8 lower and close. Timing and arms: as per Level 2		
Chassé	Chasse passe en avant or en arriere in 2 counts		
Tombé	Tombe from demi pointe (to degage a terre or en l'air) En avant		
Battement fondu	En croix, a terre in the centre		
Retiré	As per previous level		
Developpé	Developpe ecarte devant (learn a terre first, then en l'air)		
Arabesque en l'air	As per previous level		
Walks and runs	As per previous level		
Eleve	Eleve / rise from third to sou sous, arms from bras bas up to fifth for four counts, hold for another four counts		
Echappe releve	Echappe releve en croix		

Releve retire	Releve retire passe en avant and passe en arriere		
Demi pointe	Pose into 2 nd arabesque		
	Degage preparation		
	Petit developpe preparation		
Pose on demi pointe	Pose into first arabesque – prepare with straight leg or petit developpe		
Posé coupé	As per previous level		
Pas de bourree	Pas de bourree en avant		
	Pas de bourree pique devant		
	Pas de bourree couru sur le place		
Turns			
Pirouette en dehor	Single pirouette from 4 th position, ending in grand fourth		
Chaîné turns	As pre previous level		
Petit bas de basque en tourannt	Petit pas de basque en tournant		
Pose turns	Pose turns en dedan		
Allegro			
Echappe suate	Echappe saute en croix (no arms)		
	Arms first in fourth, a la seconde in second		
Changement	As per previous level		
Soubresaut	Soubresaut		
Jeté ordinaire	Jete ordinaire, en avant		
	Jete (petit jete or jete ordinaire), temp leve		
Glissade	Over		
	Under		
Assemblé	Devant		
	Derriere		
Sissone ordinaire	As per previous leve		
Sissone ouverte	En avant		
	• Arms demi bras		
	• Arms arabesque		
	• Arms 4th		
Sissone ferme	As per previous level		
Ballonnee	Ballonné simple en avant, centre		

Simple coupe	As per previous level		
Pas de chat	As per previous level		
Gallops and polka	As per previous level		
Pas de basque	Preparation for pas de basque glisse en arriere – glissade de cote over (start back foot and close derriere), chasse en arriere to degage devant, close 3 rd		
Balancé	Balance de cote with half turn (inwards and outwards)		
Combinations	Chasse en avant, pas de bourree under		
	Chasse de cote (arms first), pas de bourree under (arms second), glissade (arms third), glissade		
	Preparation for coupe, chasse, pas de bourree, pirouette: Chasse en avant, pas de bourree over		
Reverence	As per previous level		