

# 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	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		Progress
Arms	As per previous level		
Cambré/Penché	Sideways (cambré) with degage, with transfer of weight (Towards and away, in either order)		
	Forward with degagé, en fondu (devant or derriere)		
	Backward with degagé (straight or fondu) devant or derriere		
Plié	As per previous level		
Battement tendu	Battement tendu en cloche		
Battement glissé	Add tilt for head coordination (tilt slightly back when glisse devant ,and slightly forward for glisse derriere)		

Rond de jamb a terre	With arm coordination: Bras bas, first and 2 <sup>nd</sup> , for en dehor and en dedan		
Battement soutenu	As per previous level		
Assemble soutenu	Preparation for assemble soutenu en tournant en dehor and en dedan: assemble soutenu en fondu, draw up to demi pointe on the close, demi detourne Initially in 4 counts, then progress to 2 counts		
Battement frappé	Battement frappe on demi pointe – in 2 counts, to second position, alternating close devant and derriere		
Battement frappe fouette	Battement frappe fouetté – 45 degrees, arm second, alternate devant and derriere, accent out or in, one or count counts per frappe fouette		
Battement fondu	En l’air en croix		
Developpé	Developpe en fondu, en croix or alternating legs		
Demi grand rond de jambe	Leg at 45 degrees, en dedan:		
	- derriere to second		
	- Second to devant		
Grand rond de jambe	Grand rond de jambe en dedan		
Arabesque en l’air	As per previous level		
Attitude	Attitude devant and derriere on demi pointe		
Fouette of adage	Developpe to second (sideways to the barre) and pivot to arabesque (3 pivots) to face the barre)		
Rotation	From derriere, through second, to devant starting with straight leg and ending en fondu starting en fondu and ending with a straight supporting leg		
Fouette	Foutte a terre en dehor from degage (degage devant, then quickly change body (whipping around) direction to the opposite side, and rotating the leg into degage derriere a terre – finish en fondu or on straight leg		
Grand battement	As per previous level		

Tombé	As per previous level		
Elevé	Rises on 1 leg, gesture leg petit developpe on rise, en croix		
Relevé	As per previous level		
Demi detourné	As per previous level		
Posé coupé on demi pointe	As per previous level		
Pas de bourree	As per previous level		
Coupe fouetté raccourci	Facing the barre		
Fouette rond de jambe en tournant	Preparation for fouette rond de jambe, in 4 count		
	supporting leg straight and on whole foot		
	fendu on extension devant and straighten supporting leg on rond to second		
	Releve on the rond to second		
Balance on demi pointe	Balance on demi pointe in petit retire devant		

## Centre

Category	Step/Movement		Progress
Port de bras and cambré/penché	Circular port de bras with transference of weight (teach initially without the back cambre)		
Plié	As per previous level		
Battement tendu	Battement tendu devant and a la seconde in the centre in 4 or 2 counts/tendu		
Battement soutenu	Battement soutenu en fondu in the centre, en croix, in 4 counts		
Assemble soutenu	Assemble soutenu en dedan, with straight supporting leg or en fondu		
Rond de jambe a terre	En dehor and en dadan, centre in 4 counts		
Grand battement	Grand battement en croix		
Degagé	With change of direction from ouverte Start ouverte, degage front foot to second, pivot en face, close devant ouverte		
Rotation	devant to derriere		
	derriere to devant		
<b>Adage</b>			
Temp lie	Temp lie en l'air (sequence, timing, arms, direction same as for previous level) De cote, and combine en avant and de cote		
Chassé	Chasse passe en avant, with change of direction, in 2 or 4 counts		
Tombé	Tombe from demi pointe (to degage a terre or en l'air): dDe cote		
Battement fondu	En croix, en l'air in the centre		
Retiré	As per previous level		
Developpé	Developpe passe en avant		
	Developpe passe en arriere		
Arabesque en l'air	As per previous level		

Attitude	Attitude ordinaire devant and derriere en l'air (high arm is same as gesture leg)		
Walks and runs	As per previous level		
Demi pointe	Pose into 2 <sup>nd</sup> arabesque		
	Degage preparation		
	Petit developpe preparation		
Posé coupé	As per previous level		
Pas de bourree	Pas de bourre en arriere		
	Pas de bourre en arriere		
<b>Turns</b>			
Pirouette en dehor	As per previous level		
Chaîné turns	As pre previous level		
Petit bas de basque en tourannt	As per previous level		
Pose turns	As per previous level		
Assemble soutenu en tournant	As per previous level		
<b>Allegro</b>			
Echappe suate	As per previous level		
Changement	As per previous level		
Soubresaut	As per previous level		
Petit jete	Petit jete passe en arriere		
Jeté ordinaire	As per previous level		
Glissade	As per previous level		
Assemblé	As per previous level		
Simple coupé	As per previous level		
Sissone ordinaire	As per previous leve		
Sissone ouverte	En arriere		
Sissone ferm	As per previous level		
Ballonnee	Ballonnés composé en avant (ballonné simple, chasse en avant to degage derriere, and close 5th)		
Pas de chat	As per previous level		
Temp leve	Pose temp level arabesque		
	Demi contretemp		

Gallops and poka	As per previous level		
Pas de basque	Pas de basque glisse en arriere, en face		
Balancé	Pas de valse en avant (continues to travel forward, unlike the balance en avant with one step forward and two on the spot) preparation for waltz turn		
	Pas de valse en arriere		
	Pas de valse en avant and en arriere without turning (moves forward and back)		
Combinations	Coupe chasse pas de bourree under		
	Coupe, chasse a la seconde (arms first), pas de bourre over (arms second), glissade (arms third), assemble over (arms open fourth)		
	Preparation for coupe, chasse, pas de bourre, en dehor pirouette: Coupe, chasse en avant, pas de bourree over		
Reverence	As per previous level		