

Please note: Each “Lesson” is meant to be done for 3 to 4 weeks before continuing onto the next.

Barre

Please refer to the [OUB Children's Ballet Syllabus](#). This syllabus provides combinations that will fit with the following music recommendations. Because ballet technique becomes much more progressive both during the year, and from year to year, beginning with these levels, we've provided a syllabus for you to plug into your classes. See where your students are at technically, and choose the combinations that will help them to improve where they need improvement or introduce them to something new when they are ready.

Centre

The following are recommended centre exercises. If an exercise is too easy or difficult for your students, please feel free to adjust the exercise accordingly. You do not need to do every combination in every single class. Remember, these exercises should all be done over the course of a 3 to 4 weeks..

Port de Bras

Ballet 1A - Head exercise: Stand in a natural 1st position with correct ballet posture. Arms are relaxed by the sides. Take 8 counts to turn the head to look right. Hold for 8 counts. Take 8 counts to look front again. Hold for 8 counts. Repeat with the head turning to the left. Repeat tilted right. Repeat tilted left.

Next, students stand in a natural 1st position in correct ballet posture for 16 counts. Give them an image to think about such as royalty, a waterfall, or anything you like to help them imagine how they should feel as they stand tall and correctly.

Slowly, OUB 1st Port de Bras without the use of the head:
Carry the arms through 1st (1-4), 2nd (5-8), grow tall (1-4), bras bas (5-8).
Repeat the port de bras.

Ballet 1B - Same as Ballet 1A Port de Bras.

Ballet 2 - Students stand in a natural 1st position in correct ballet posture for 16 counts. Give them an image to think about such as royalty, a waterfall, or anything you like to help them imagine how they should feel as they stand tall and correctly.

Introduce the use of the head in 1st and 2nd port de bras.

Slowly, OUB 1st Port de Bras, with the use of the head.
Carry the arms through 1st (1-4), 2nd (5-8), grow tall (1-4), bras bas (5-8).
Repeat the 1st port de bras.

Slowly, OUB 2nd Port de Bras, with the use of the head.
Carry the arms through 1st (1-4), 5th (5-8), 2nd (1-4), bras bas (5-8).
Repeat the 2nd port de bras.

Ballet 3 - Same as Ballet 2 Port de Bras, but use the Ballet 3 head exercise:

1-4 Turn the head to the right.

5-8 Bend to the right. The bend should happen as a result of the students lengthening their centers.
1-4 Return to center with the head still looking right.
5-8 Turn the head to face front.
1-8 Twist the upper body to corner 2. The head will remain looking straight ahead, but with the body twisting, students will be looking at corner 2.
1-8 Twist to return to center.
Repeat on the left. Repeat on the right. Repeat on the left.

Sways and Swings

Ballet 1A - For all lessons, let your students do a sways exercise to let them relax after concentrating so much on posture and head and arm positions.

Sways should be done with natural turnout. The arms begin relaxed by the sides and flow freely from side to side or front to back during the exercise. The head may face front, or follow the arms as they flow side to side.

Sway right, left, right, left, right with a chassé, hold.

Repeat to the left.

Sway forward, stepping forward on the right foot: forward, backward, forward, backward.

Switch legs and repeat with the left leg front.

Ballet 1B - Same as Ballet 1A Sways exercise.

Ballet 2 - For all lessons, let your students do a sways exercise to let them relax after concentrating so much on posture and head and arm positions. Have students do the same sways exercises as in Ballet 1A and 1B. Then have them do swings: Change the feet and legs to parallel with the arms reaching straight up to the sky. Swing down and up 8x.

Ballet 3 - For all lessons, let your students do a sways exercise to let them relax after concentrating so much on posture and head and arm positions. Have students do the same sways exercises as in Ballet 1A and 1B. Then have them do swings:

Change the feet and legs to parallel with the arms reaching straight up to the sky.

Swing down and up 3x. Side bend to the right in demi plié with the left arm remaining high and the right arm opening and lowering to the side.

Repeat the 3 swings followed by the side bend to the left.

If desired, repeat the entire swings section.

Battement Tendu + Battement Soutenu

Ballet 2 - Students begin standing in 5th position with the arms in 5th position..

Battement tendu side (1-4), close (5-8): Right, left, right, left.

Battement soutenu side: tendu side (1-4), demi plié on the standing leg (5-8), stretch (1-4), close (5-8): Right, left, right, left.

Tendu side (1-2), place in second position (3-4), demi plié (5-6), stretch (7-8), hold (1-2), tendu side with the same leg as before (3-4), close (5-6), hold (7-8): Right, left, right, left.

Ballet 3 - Students begin standing in 5th position with the arms in 5th position..

Battement tendu side (1-4), close (5-8): Right, left, right, left.

Battement soutenu side: tendu side (1-4), demi plié on the standing leg (5-8), stretch (1-4), close (5-8): Right, left, right, left.

Tendu side (1-2), place in second position (3-4), demi plié (5-6), stretch (7-8), hold (1-2), tendu side with the same leg as before (3-4), close (5-6), hold (7-8): Right, left, right, left.

*Once students have mastered this month's tendu and soutenu, adapt the combination(s) to include croisé and/or effacé facings.

Battement Degagé

Ballet 2 - Students begin standing in 5th position with the hands on the hips or shoulders.

Tendu (1), hold (2), lift to degagé height (3), hold (4), hold (5), point to tendu (6), hold (7), close (8): right, left, right, left (closing back each time). Then left, right, left, right (closing front each time).

Ballet 3 - Students begin standing in 5th position with the arms in 5th position.

Degagé (1), hold (2), close (3), hold (4): right front 2x, right side 2x, left front 2x, left side 2x.

*You may vary the counts: holding for more or fewer counts, continuing to go front and side to the right and left.

Grand Battement

Ballet 3 - Students begin standing in 5th position with the arms in 5th position.

Grand battement (&), close (1), hold (2-4): right front 2x, right side 2x, left front 2x, left side 2x.

Adage

Ballet 3 - Students begin standing in 5th position with the hands on the hips or shoulders.

Degagé en l'air to the front with the right leg (1-2), hold (3-4), close (5-8).

Lift the right leg to retiré (1-2), extend to développé front (3-4), close (5-8).

Degagé en l'air to the side with the right leg (1-2), close in 5th position front (5-8).

Lift the right leg to retiré (1-2), extend to développé side (3-4), close in the back 5-8).

Repeat with the right leg to the back (1-8).

Lift the right leg to retiré (1-2), extend to développé back (3-4), close (5-8).

Finish. Then repeat the entire combination on the left.

*Leg height should be between 45 and 90 degrees to the front and side. Most likely, at this level, leg height will need to be closer to 45 degrees for correct alignment and placement. Alignment and placement should be prioritized over leg height. Leg height may be lower to the back at this level. In reality, it may be closer to between 25 and 45 degrees for this level to maintain correct alignment and placement.

Spotting Practice + Pirouettes

Ballet 1A - Introduce paddle turns with the hands on the shoulders.

Ballet 1B - Alternate between Spotting Practice + Pirouettes 2 in this level and the following.

Simple paddle turns in each direction with one hand on the hips and the other in 2nd position.

Ballet 2 - Alternate between the following:

Option 1

Begin standing in 5th position en face with the right foot front and the hands on the hips.

Plié in 5th position (1), relevé to retiré (2). Repeat for a total of 4 sets.

Plié (1), sous sus (2), 2 bourrée turns to the right while focusing on spotting (3-8).

Repeat. Finish. Repeat the entire combination to the left.

Option 2

Begin standing in 5th position en face with the right foot front. Prepare the arms to 2nd position.

Tendu the right leg side (1-2) with the arms in 2nd. Close in demi plié (3-4) with the arms in 3rd. Relevé retiré with the right leg in retiré and arms in 1st position (5-6). Close in 5th position front (7-8).

Repeat to the right, closing in back.

Repeat to the left.

Ballet 3 - Begin standing in 5th position en face with the right foot front. Prepare the arms to 1st position.

1 - Tendu the right foot side with the arms opening to 2nd.

2 - Plié in 2nd position, bringing the right arm to 1st.

3 - Bring the right leg to retiré on flat and both arms in 1st.

4 - Hold.

5 - Rise.

6 - Hold.

7-8 - Close in plié, stretch.

1-8 - Repeat.

1-4 - Tendu the right foot side with the arms opening to 2nd. Plié in 2nd position, bringing the right arm to 1st. Relevé to retiré with the right foot in retiré and a quarter turn. Plié and stretch.

5-8, 1-4, 5-8 - Repeat the previous 4 counts until students have done 4 quarter turns.

Finish. Repeat the entire combination to the left.

*Optional: If students are proficient with quarter turns, allow them to do half turns instead.

Preparation for Soutenu Turns + Traveling Turns

Ballet 1A - Begin in 5th position en face with the left foot front. Battement soutenu the right leg side, piqué to sous sus with the left in front, plié, stretch. Repeat across the floor. Other side.

Ballet 1B - Begin in 5th position en face with the left foot front. Battement soutenu the right leg side, piqué to sous sus with the left in front, demi detourné to the right to face back, **plié, sous sus, demi detourné to the left to face front**, plié, stretch. Repeat across the floor. Other side.

Ballet 2 - Begin in 5th position en face with the left foot front. Battement soutenu the right leg side, piqué to sous sus with the left in front, **plié, sousus and demi detourné to the right to face back in a single count**, hold, **plié, sous sus and demi detourné to the left to face front in a single count**, hold, plié, stretch. Repeat across the floor. Other side.

Ballet 3 - Same as Ballet 2. Also continue to work on preparations for chaînées from previously in this level.

Balancé, Waltz, and Mazurka

Ballet 1A - Introduce a simple pas de basque step. From the back of the room, step to the side on the right foot. Place the left foot in front with the knee bent and foot in demi pointe. Put weight on the left foot (still in demi pointe) and return your weight back to standing on the right foot. Step to the side on the left foot. Place the right foot in front with the knee bent and foot in demi pointe. Put weight on the right foot (still in demi pointe) and return your weight back to standing on the left foot.

Option 1: Do this step in columns from the back to the front of the room with the hands on the hips.

Option 2: Do this step freely around the room.

Option 3: Call out different pathways (or even use props like cones to indicate pathways) for students to travel through.

Option 4: Any of the above options, but students hold their skirts and swish them from side to side as they pas de basque.

Note: Keep the lower levels (1A/1B) at a slower tempo. For Ballet 2 and Ballet 3, if students are doing the exercise well through all of the above options, have them try it at double speed. You could also have them do 2 slow pas de basques followed by 4 fast pas de basques.

Ballet 1B - Same as Ballet 1A.

Ballet 2 - Same as Ballet 1B.

Ballet 3 - Review the pas de basque preparation from Ballet 1A.

Next: Traveling from the back of the room, side to side and forward. Have students hold their hands on their hips at first. As they are more comfortable with the combination, let them hold their skirts—swishing them side to side in the pas de basques.

1-2 - Pas de basque right.

3-4 - Pas de basque left.

5-6 - Pas de basque right.

7-8 - Soutenu turn left.

Repeat all on the other side.

Continue all the way down from the back of the room.

Centre Allegro

Ballet 1A - Begin in 1st position en face with the right foot front and hands on the hips.

4 sautés with temps d'arrêt

2 échappés with temps d'arrêt

*The same combination is included for all lessons in this level. You may, of course vary this combination, as desired in your classes.

Ballet 1B - Begin in 1st position en face with the right foot front and hands on the hips.

4 sautés with temps d'arrêt

2 échappés with temps d'arrêt

*The same combination is included for all lessons in this level. You may, of course vary this combination, as desired in your classes.

Ballet 2 - Begin in 1st position en face and arms in bras bas.

2 sautés in 1st position with temps d'arrêt, 3 sautés in 1st position, 1st half of an échappé to 2nd position, stretch and hold.

2 sautés in 2nd position with temps d'arrêt, 3 sautés in 2nd position, 2nd half of an échappé to 1st position, stretch and hold.

For added difficulty, do have students immediately repeat the entire combination.

*The same combination is included for all lessons in this level. You may, of course vary this combination, as desired in your classes.

Ballet 3 - Begin in 1st position en face and arms in bras bas.

2 sautés in 1st position with temps d'arrêt, 3 sautés in 1st position, 1st half of an échappé to 2nd position, stretch and hold.

2 sautés in 2nd position with temps d'arrêt, 3 sautés in 2nd position, 2nd half of an échappé to 1st position, stretch and hold.

2 soubresauts with the right foot front with temps d'arrêt, 3 soubresauts, 1 changement, stretch and hold.

Repeat the soubresauts on the left.

When your students are ready, you may also have them do the following combination. (Not in the same class, but in a different class from the combination above.)

4 sautés in 1st position

Échappé to 2nd followed by 3 sautés in 2nd position

Sauté to 5th position followed by 7 changements

For added difficulty, have students do the above combination with twice as many jumps in each position.

Additional option:

4 sautés in 1st position

Échappé to 2nd followed by 3 sautés in 2nd position

Sauté to 5th position followed by 3 changements

Soubresaut, changement, soubresaut, changement

Again, for added difficulty, have students do the above combination with twice as many jumps in each position.

*You may, of course vary any of these combinations, as desired in your classes.

Petit Allegro

Ballet 1A - Double Spring Points

Begin in 1st position en face with the hands on the hips.

1-2 - Double spring point with the right leg extended.

3-4 - Double spring point with the left leg extended.

5 - Spring point with the right leg extended.

6 - Spring point with the left leg extended.

7-8 - Double spring point with the right leg extended.

Repeat the combination on the other side.

Ballet 1B - Double Spring Points

Begin in 1st position en face with the hands on the hips.

1-2 - Double spring point with the right leg extended.

3-4 - Double spring point with the left leg extended.

5 - Spring point with the right leg extended.

6 - Spring point with the left leg extended.

7-8 - Double spring point with the right leg extended.

Repeat the combination on the other side.

*For added difficulty for 1B, have students carry their arms through 1st position and 2nd then back to hands on the hips during counts 5 to 8.

Ballet 2 - Glissade + Assemblé

Begin in 5th position en face with the left foot front. Hands on the hips or shoulders with the elbows side.

Glissade derrière (brushing the back leg side and closing the second foot in front) (&-1), stretch (&), plié (2), assemblé dessus (over, back leg brushes side and closes front) (&-3), stretch (&), plié (4). Repeat a total of 4 sets.

*For a more advanced option (if students can maintain correct placement and turnout in their jumps), students may go straight into the assemblés after the glissade. Then hold counts 3-4.

Ballet 3 - Glissade + Assemblé

Begin in 5th position with the left foot front en face. Hands on the shoulders with the elbows to the side.

Glissade derrière (brushing the back leg side and closing the second foot in front) (&-1), assemblé dessus (over, back leg brushes side and closes front) (&-2), stretch (3), plié (4).

Repeat to the left (5-8).

Repeat to the right (1-4).

Repeat to the left, replacing the stretch and plié on counts 7-8 with changement (&-7), changement (&-8).

* Optional: Add arms. Bras bas during the glissade, demi seconde during the assemblé, bras bas during the changements.

*For added difficulty, do all four sets like the fourth set with the changements in place of the stretch and plié.

*With Ballet 3 meeting more times per week than the other levels, you may modify any petit allegro combination to either break it down or add difficulty—whatever your students need.

**You may also have your students execute the Ballet 2 combinations that go along with the same lesson set. Because the combinations for Ballet 2 may be simpler and less of a challenge for your Ballet 3 students, they should focus on executing the combinations with accuracy and technical correctness. Arms may also be added to Ballet 2 combinations for added difficulty.

Grand Allegro

Ballet 1A - Traveling options for this level: Picked up runs, pony trots, skips, skips with half turns, prances, galops sideways, galops forward.

Ballet 1B - Traveling options for this level include anything from Ballet 1A plus galop-skips (galops forward, changing feet).

Ballet 2 - Traveling options for this level include anything from Ballet 1B plus chassé-temps levé (brusing front, in sur le cou de pied, in retiré, or arabesque).

Ballet 3 - Traveling options for this level include anything from Ballet 2 plus grand jeté entourant preparation, run and grand jeté, run and assemblé en avant.

Note: You can lead up to this as an activity. Take a week or two to have your students simply do the traveling movements across. Then let them choose which movement they will do on their own.

Révérence

Ballet 1A - Begin in 1st position en face with the arms in bras bas.

OUB 1st Port de Bras - Carry the arms through 1st (1), 2nd (2), grow tall (3), bras bas (4).

OUB 2nd Port de Bras - Carry the arms through 1st (1), 5th (2), 2nd (3), bras bas (4).

OUB 1st Port de Bras - Carry the arms through 1st (1), 2nd (2), grow tall (3), bras bas (4).

OUB 2nd Port de Bras (more quickly) - Carry the arms through 5th (1), hold (2), 2nd (3), bras bas (4).

Curtsy: Arms lift to demi seconde as tendu front with the right foot (1), plié on the standing leg (2), stretch (3), close (4).

Ballet 1B - Same as Ballet 1A but stand in 5th position right foot front en face, and use the head. (Heads are described in the Port de Bras section at the beginning of centre.)

Ballet 2 - Begin in 5th position en face with the arms in bras bas.

OUB 3rd Port de Bras - Carry the arms through 1st (1), right arm to 2nd (2), left arm to 2nd (3), bras bas (4).

OUB 2nd Port de Bras (more quickly) - Carry the arms through 5th (1), hold (2), 2nd (3), bras bas (4).

OUB 3rd Port de Bras - Carry the arms through 1st (1), left arm to 2nd (2), right arm to 2nd (3), bras bas (4).

OUB 2nd Port de Bras (more quickly) - Carry the arms through 5th (1), hold (2), 2nd (3), bras bas (4).

Curtsy: Step to the right (1), cross the left leg in back (2), curtsy (3), stretch (4), repeat left.

Ballet 3 - Begin in 5th position en face with the arms in bras bas.

OUB 3rd Port de Bras - Carry the arms through 1st (1), right arm to 2nd (2), left arm to 2nd (3), bras bas (4).

OUB 2nd Port de Bras (more quickly) - Carry the arms through 5th (1), hold (2), 2nd (3), bras bas (4).

OUB 3rd Port de Bras - Carry the arms through 1st (1), left arm to 2nd (2), right arm to 2nd (3), bras bas (4).

OUB 2nd Port de Bras (more quickly) - Carry the arms through 5th (1), hold (2), 2nd (3), bras bas (4).

Curtsy: Step to the right (1), cross the left leg in back (2), curtsy (3), stretch (4), repeat left.