

**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.

OUB 2nd Port de Bras (slow). The head remains facing front.  
Carry the arms through 1st (1-2), 5th (3-4), 2nd (5-6), bras bas (7-8).  
Repeat the slow 2nd port de bras.

OUB 2nd Port de Bras (quick). The head remains facing front.  
Carry the arms immediately to 5th (1), hold (2-4), open to 2nd (5-6), bras bas (7-8).  
Repeat the quick 2nd port de bras.

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

**Ballet 2** - Introduce OUB 3rd Port de Bra with the use of the head, then have students do the following combination.

Repeat the head exercise from the Lesson 2 Port de Bras.

Students stand in a natural 1st position in correct ballet posture for 8 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.

OUB 1st Port de Bras, with the use of the head.  
Carry the arms through 1st (1-2), 2nd (3-4), grow tall (5-6), bras bas (7-8).

OUB 2nd Port de Bras (slow), with the use of the head.  
Carry the arms through 1st (1-2), 5th (3-4), 2nd (5-6), bras bas (7-8).

Slowly, OUB 3rd Port de Bras, with the use of the head.  
Carry the arms through 1st (1-4), right arm to 2nd (5-8), left arm to 2nd (1-4), bras bas (5-8).  
Repeat on the other side.

**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 1A** - Students begin standing in 1st position with the hands on the shoulders.

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

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

**Ballet 1B** - Same as Ballet 1A Tendu and Soutenu, with the arms held in 5th position.

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

Tendu (1-4), hold (1-4), close (1-4), hold (1-4): 2x right front, 2x right side (closing front, then back).

Repeat on the left.

Battement soutenu side: tendu side (1-4), demi pli  on the standing leg (5-8), stretch (1-4), close (5-8): Right, left, right, left (closing in back each time).

Repeat the battement soutenu side: left, right, left, right (closing in front each time).

Tendu side (1-2), place in second position demi pli  (3-4), stretch the standing leg, coming to tendu side with the same leg as before (5-6), close (7-8): Right, left, left, right. (Open the arms to 2nd for this portion. Tendus will close back then close front.)

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

Tendu (1-2), close (3-4): 2x right front, 2x right side (closing front, then back). Tendu to the back (1-8), close (1-8).

Repeat on the left.

Battement soutenu side: tendu side (1-2), demi pli  on the standing leg (3-4), stretch (5-6), close (7-8): Right, left, right, left (closing in back each time).

Repeat the battement soutenu side: left, right, left, right (closing in front each time).

Tendu side (1-2), place in second position demi pli  (3-4), stretch the standing leg, returning to the original standing leg in retir  on flat (5-6), hold 7-8.

Tendu side (1-2), place in second position demi pli  (3-4), stretch the standing leg, coming to tendu side with the OPPOSITE leg as before (5-6), close in front (7-8). (Arms are held in 2nd during the tendu and 1st during the pli .)

Do the retir /temps li  portion to the right then to the left.

## Battement Degag 

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

Tendu (1), hold (2), lift to degag  height (3), hold (4), hold (5), point to tendu (6), hold (7), close (8): right front 2x, right side 2x, left front 2x, left side 2x.

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

Degag  (1), close (2): right front 2x, right side 2x.

Degag  (1), hold (2-4), close (5), hold (6-8): right back.

Repeat all on the left.

\*You may vary the counts: holding more or fewer counts, continuing to go at a "normal" speed front and side, and having students hold longer/go slower to the back to build strength and stamina.

## 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.  
 Introduce grand battement to the back: tendu back (1), battement (&), close (2), hold (3-4). Repeat back.  
 Repeat all to the left.

## Adage

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

Dégagé en l'air to the front with the right leg (1-2), hold (3-4), close (5-8).  
 Repeat with the right leg to the front.  
 Dégagé en l'air to the side with the right leg (1-2), close in 5th position front (5-8).  
 Repeat with the right leg to the side, closing back.

Repeat the entire combination on the left.

\*Leg height should be between 45 and 90 degrees. 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.

**Ballet 3** - Continue to work en face and in the croisé facing. Alternate between allowing students to face en face for a combination and croisé from class to class. This will allow them to see things like keeping their hips and shoulders level and square when they face front. But it will also allow them to practice in the croisé line.

En Face Option: Same as the previous month.

Croisé option:

Students begin standing in 5th position with the hands on the hips or shoulders. Students may add typical développé arms for the développés this month.

Dégagé 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).  
 Repeat with the left leg to the back (1-8).  
 Lift the left leg to retiré (1-2), extend to développé back (3-4), close (5-8).  
 Dégagé en l'air to the side with the right leg (1-2), close in 5th position back (5-8).  
 Lift the right leg to retiré (1-2), extend to développé side (3-4), close in the front 5-8).  
 Plié with the arms coming to bras bas (1-2), sous-sus with the arms coming quickly through 1st and to 5th (3), hold (4).  
 Bourrée turn counter clockwise to the left, changing the feet so the left leg is front, ending to face corner 2 to finish in croisé 5th position with the left leg front (5-8).  
 Repeat the entire combination on the left.

\*At this time, students in this level should work toward a leg height of 90 degrees to the front and side and between 45 and 90 degrees to the back. Priority should be placed on correct alignment and placement, but a secondary priority should now be placed on leg height as well.

## Spotting Practice + Pirouettes

**Ballet 1A** - Paddle turns, alternating between the hands on the shoulders and hands on the hips.

**Ballet 1B** - Begin standing in 5th position en face with the right foot front and the hands on the hips.

Plié (1), sous sus (2), plié (3), relevé to sur le cou de pied (4). Repeat.

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.

**Ballet 2** - 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.

**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.

1-4 - 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. Plié and stretch.

5-8 - Repeat the previous 4 counts with a single pirouette from 2nd position.

Repeat all. Finish. Repeat the entire combination on the other side.

\*Optional: If students are proficient with a single pirouette from 2nd position, they may do a retiré balance followed by a double pirouette for the second half of the combination. Or they may do a single pirouette followed by a double pirouette for the second half of the combination.

## 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, 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 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, **immediately demi detourné to the left to face front**, plié, stretch, hold. Repeat across the floor. Other side.

**Ballet 2** - Begin in 5th position en face with the right foot front. Battement soutenu the right leg side (1-2), piqué to sous sus with the left in front (&-3), full detourné to the right to face front with the right leg in front (4), hold (5), plié (6), stretch (7), hold (8). Repeat across the floor. Other side.

**Ballet 3** - Soutenu turns and piqué turns in sur le cou de pied, traveling on the diagonal:

- Begin in tendu to the front with the upstage leg. Piqué into a 5th position, crossing the downstage leg in front. Single turn. Plié. Stretch and tendu the upstage leg front.
- Repeat with a single piqué turn in sur le cou de pied.
- Continue across.

When ready, students may turn in retiré in place of sur le cou de pied. They should not be lifting their hip in retiré.

Continue practicing chaînée turns traveling straight side across the room.

## 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** -

Option 1

Students will go in groups of 2 to 4 (depending on your class size) for this exercise. Begin in the upstage stage left corner, in 5th position with the right foot front. For the first part (the balancés), students will move side-to-side, en face. For the second part (the waltz), they will travel down the diagonal.

1-&-a - Brush the right leg to the side and step onto it to balancé to the right.

2-&-a - Balancé left.

3-&-a - Balancé right.

4-&-a - Balancé left.

\*For the balancés arms may sweep side to side in 3rd position or in an open 4th position. Teacher's choice.

5-&-a - Step down toward the diagonal in a fondu on the right foot while brushing the left foot, then step up on demi pointe on the left foot, and step up on demi pointe on the right foot. Sweep the arms front into 3rd arabesque on the brush, then carry them to demi seconde for the steps en demi pointe.

6 - 8 - Continue across with 3 more waltzes. Arms remain in demi seconde.

Option 2

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 - Preparation for Pas de Chat in Parallel**

Begin in parallel en face with the hands on the hips. This will travel straight across the room.

Plié (1), right foot to cou de pied (2), pas de chat landing in plié (&-3), stretch (4). Continue all the way across the room. Other side.

\* If this step is new to students, don't worry too much about the lines. However, if they've had some practice and are getting the step, have them go in 2 or 3 rows across the room. The back row(s) have to try to stay in line behind the front row.

**Ballet 1B - Preparation for Pas de Chat, with Natural Turnout**

Begin in a natural 1st position en face with the hands on the hips. This will travel straight across the room.

Plié (1), right foot to cou de pied (2), pas de chat landing in plié (&-3), stretch (4). Continue all the way across the room. Other side.

\* If this step is new to students, don't worry too much about the lines. However, if they've had some practice and are getting the step, have them go in 2 or 3 rows across the room. The back row(s) have to try to stay in line behind the front row.

**Ballet 2 - Preparation for Pas de Chat, with Natural Turnout**

Begin in a natural 1st position en face with the hands on the hips. This will travel straight across the room.

Plié (1), right foot to cou de pied (2), pas de chat landing in plié (&-3), stretch (4). Continue all the way across the room. Other side.

\* If this step is new to students, don't worry too much about the lines. However, if they've had some practice and are getting the step, have them go in 2 or 3 rows across the room. The back row(s) have to try to stay in line behind the front row.

**Ballet 3 - Pas de Chat**

Begin in 5th position en face with the left foot front. Hands on the hips or shoulders with the elbows side. This will travel straight across the room.

Option 1:

1-2 - Pas de chat, hold plié

3-4 - Straighten, plié

5-6 - Pas de chat, hold plié

7-8 - Straighten, plié

1-2 - Pas de chat, hold plié

3-4 - Straighten, plié

5-6 - Changement, hold plié

7-8 - Hold. Repeat on the other side.

Option 2:

1-2 - Pas de chat, hold plié

3-4 - Straighten, plié

5-6 - Pas de chat

7-8 - Pas de chat

1-2 - Pas de chat

3-4 - Straighten, plié

5-8 - 3 changements. Repeat on the other side.

## Grand Allegro

**Ballet 1A** - Traveling along the diagonal: Students run and jump in a skip position halfway across the room, then continue to run off. When they jump, hold the tambourine up high with one hand and tap it with the other hand.  
Optional: Students can shake the tambourine as they run.  
Next: Let students do a jump of their own choice in the combination.

**Ballet 1B** - Same as Ballet 1A with the following mid-way jump options:  
Skip position (hands tap the tambourine up high)  
Arabesque (hands tap the tambourine up high)  
Jump of choice

**Ballet 2** - Same as Ballet 1A and 1B with the following mid-way jump options:  
Skip position (hands tap the tambourine up high)  
Arabesque (hands tap the tambourine up high)  
Brush front while jumping (hands tap the tambourine up high)  
Jump of choice

**Ballet 3** - Same as Ballet 1A and 1B with the following mid-way jump options:  
Skip position (hands tap the tambourine up high)  
Arabesque (hands tap the tambourine up high)  
Brush front while jumping (hands tap the tambourine up high)  
Grand jeté (with straight legs and the front leg brushes, hands tap the tambourine up high)  
Jump of choice

## 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 the right foot front (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.

