

**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** - 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.

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 1st Port de Bras. The head remains facing front.

Carry the arms through 1st (1-2), 2nd (3-4), grow tall (5-6), bras bas (7-8).

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).

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).

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

**Ballet 2** - 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).

OUB 3rd Port de Bras, with the use of the head.

Carry the arms through 1st (1-2), right arm to 2nd (3-4), left arm to 2nd (5-6), bras bas (7-8).

Repeat on the other side.

OUB 4th Port de Bras, with the use of the head.

Carry the arms through 1st (1-2), open 4th with the right arm high (3-4), open the right arm to 2nd (5-6), lower both arms to bras bas (7-8).

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), 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 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), close (5-8): 2x right front, 2x right side (closing front, then back).

Repeat on the 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 (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 plié (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. (Tendus will close back then close front. Arms are held in 2nd during the tendu and 1st during the plié.)

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

Two-count tendus: front, side, back, side, front, side, back, hold. Right, then left.

Battement soutenu side (1-4), stretch and close (5-8): alternate right and left 8x (closing in back each time).

Repeat the battement soutenu side: alternate left and right 8x (closing in front each time).

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

Tendu side (1-2), place in second position demi plié (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 plié.)

Do the retiré/temps lié portion to the right then to the left.

If desired, do the retiré/temps lié portion a second time to each side.

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 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.

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

Degagé (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, right back 2x, left front 2x, left side 2x, left back 2x.

## Adage

**Ballet 2** - 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), hold (3-4), close in the front (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 passé (1-2), hold (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), hold (3-4), close in the back (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.

**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: We will continue to use the arms in the développé. This month, we will introduce the effacé line in développés.

Students begin standing in 5th position and prepare the arms to 2nd position.

Developé front (1-2), hold (3-5), close (6-8). Arms come through bras bas, 1st, then 4th with the upstage arm high in the developé. Open to 2nd as the leg closes.

Repeat with the left leg to the back (1-8). Arms come through bras bas, 1st, then arabesque so the upstage arm is front and the downstage arm is side. Open to 2nd as the leg closes.

Repeat with the right leg to the side (1-8). Arms come through bras bas, 1st, then 4th with the downstage arm high in the developé. Open to 2nd as the leg closes.

Repeat with the left leg to the front in effacé. Arms come through bras bas, 1st, then 4th with the downstage arm high in the developé. Open to 2nd as the leg closes.

Repeat with the right leg to the back in effacé. Arms come through bras bas, 1st, then arabesque with the upstage arm front and the downstage arm side. Open to 2nd as the leg closes.

Repeat with the right leg to the side and same arms as previously to the side. Close in front.

Finish.

Repeat the entire combination on the left.

\*Students should think of taking a breath on count 5, before they close the developé.

\*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 with one hand on the hips and one in 2nd position.

**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.

1-2 - Tendu the right foot side, arms through 1st to 2nd position.

3-4 - Close in 5th position plié with the right foot front, right arm comes to 1st to make 3rd position..

5-6 - Bring the right leg to relevé retiré, arms close to 1st.

7-8 - Close in 5th position plié with the right foot in front, the left arm opens to 2nd to make 3rd position.

1-2 - Bring the right leg to relevé retiré, arms close to 1st.

3-4 - Close in 5th position plié with the right foot in back, the arms remain in 1st position.

5-8 - Straighten the legs and hold with the arms in 1st position.

Repeat on the other side.

\*If your students need additional difficulty, let them replace the second relevé retiré with a single pirouette from 5th.

**Ballet 3** - Same combination as Spotting Practice + Pirouettes in Ballet 2 but replace the second relevé retiré with a single pirouette from 5th. If students are proficient in single pirouettes from 5th, you can add difficulty for them by progressing through the following options:

Retiré, single pirouette

Single pirouette, single pirouette

Retiré, double pirouette

Single pirouette, double pirouette

## 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, **plié, sous sus and demi detourné to the left to face front in a single count**, plié, stretch. Repeat across the floor. Other side.

**Ballet 2** - Choose one of the following, depending on your students' ability.

1. Have students travel across the floor with the hands placed lightly on the shoulders. Have them begin standing in first position with their weight in the balls of their feet. Pivot with half turns en dedans: right, left, etc., keeping the focus to the other side of the room.
2. Next, have students modify to do half turns in the same direction, while spotting side.
3. When students have mastered option 2 on flat, have them complete it on demi pointe.

**Ballet 3** - Choose practicing any of the following, depending on your students' ability.

1. Practice soutenu turns and piqué turns in either sur le cou de pieds or retiré with the plié and tendu between turns.
2. Practice soutenu turns continuously across the floor on the diagonal, continuing to go through the 4th in this level.
3. Practice single piqué turns continuously across the floor in either sur le cou de pieds or retiré, continuing to go through the 4th in this level.

\*We recommend introducing piqué turns initially through the 4th (stepping forward) in this level and then later through the 2nd (stepping to the side) in future levels.

Continue practicing chaînée turns traveling straight side across the room.

When students are ready, you may also allow them to work on chaînée turns on the diagonal.

## Balancé, Waltz, and Mazurka

**Ballet 1A** - Work on any of the Balancé, Waltz and Mazurka options done previously in this level.

**Ballet 1B** - Work on any of the Balancé, Waltz and Mazurka options done previously in this level.

**Ballet 2** - Work on any of the Balancé, Waltz and Mazurka options done previously in this level.

**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 - 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** - Same as Ballet 1A.

**Ballet 2 - Glissade**

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 - Plié, 2 - Brush the right foot dégagé side while en fondu, 3 - glissade to land on the right leg en fondu, 4 - Close the left leg to plié in 5th position, 5 - Stretch, 6-8 - Hold. Optional: During the hold shrug your shoulders like you're unsure of who this new girl is.

Repeat a total of 4 or 8 sets.

Repeat all on the other side.

\*Remember: In this level, we are working on the mechanics/various positions of an assemblé.

\*\*For a more advanced option (if students can maintain correct placement and turnout in their jumps), encourage them to close their second leg in more quickly and (optionally) remove the hold:

1 - Plié, 2 - Brush the right foot dégagé side while en fondu, & - Glissade to land on the right leg en fondu, 3 - Close the left leg to plié in 5th position.

4 - Stretch.

Repeat a total of 4 or 8 sets.

Repeat all on the other side.

**Ballet 3 - Glissade Changé**

Begin in 5th position en face with the right foot front. Arms are held in bras bas.

Reminder: Glissade Changé Dessus is a glissade "over" to the side, toward the back foot and changing the closing as the second leg closes back. Glissade Changé Derrière is a glissade "under" to the side, toward the front foot and change the closing as the second leg closes front. If you're like me, this racks your brain a bit! "Over" and "under" refer to where the first leg ends up.

&-1 - Glissade changé derrière.

&-2 - Glissade changé dessus.

Repeat all the way across the room.

\*If the music is a bit quick for your students, add a hold between each glissade or between every two glissades.

\*\*If students have a lot of trouble changing the closing of their glissades, go back to a glissade devant or glissade derrière—where either the front or back foot leads (traveling side) but the 5th position never changes which foot is in front.

\*\*\*For added difficulty, change it up! You might have your students do 2 glissade devant, glissade changé derrière, glissade changé dessus, and repeat that all the way across. The possibilities are endless!

\*\*\*\*Finally, for an older Ballet 3 class that has the technique of their glissades down, have them turn their shoulders just slightly so the shoulder of the front foot in 5th is slightly forward and the shoulder of the back foot slightly back. This is something we would recommend introducing in Ballet 4, but you can begin to introduce it now, just slightly, if your students are ready.

## Grand Allegro

**Ballet 1A** - Choose any grand allegro exercise done previously in the year that you'd like your students to work more on.

**Ballet 1B** - Choose any grand allegro exercise done previously in the year that you'd like your students to work more on.

**Ballet 2** - Choose any grand allegro exercise done previously in the year that you'd like your students to work more on.

**Ballet 3** - Choose any grand allegro exercise done previously in the year that you'd like your students to work more on.

## 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.