

Movement Ballet Benchmarks

Junior Ballet I

- Knowledge of all 5 feet and arm position
- Understands how to execute basic barre terms without prompting:
 - Plié, Tendu, Degage, Rond de Jambe, Relevé, Grand battement, Port de Bras, Leg Stretch on Barre
- Understands Basic Technique:
 - Pointed Feet, Turn Out, Proper Posture
- Splits on both sides
- Ability to memorize and complete center routines (petite allegro, adagio)
- Ability to memorize and complete across the floor routines
- Knowledge and Clean Execution of:
 - Arabesque
 - Bourree
 - Single Pirouette
 - Pique Turns
 - Chaine Turns Simple Petite
 - Allégro Saute, Changement
- Possess good attitude and willingness to learn

Junior Ballet II – All of Level I plus the below

- Ability to execute barre routines with little assistance, and full understanding of barre terms.
- Understands and executes technique well, with little correction.
- Knowledge and Clean Execution of:
 - Developpe
 - Fondu,
 - Full Barre Stretch
 - Arabesque Promenade
 - Clean Petite Allegro
 - Pas de Burree
 - Balancé
 - Double Pirouette on both sides
 - Grand Allegro
 - Saut de Chat, Pas de Chat, Tour Jete
 - Splits on one or both sides
- Ability to memorize choreography with knowledge of terminology
- Possess good attitude and willingness to learn

Senior Ballet I

- Knowledge of all 5 feet and arm position
- Understands how to execute basic barre routine without prompting:
 - Plié, Tendu, Degage, Rond de Jambe, Relevé, Grand battement, Port de Bras, Leg Stretch on Barre
- Understands Basic Technique:
 - Pointed Feet, Turn Out, Proper Posture
- Ability to execute Splits on both sides
- Ability to memorize and complete center routines (petite allegro, adagio)
- Ability to memorize and complete across the floor routines
- Knowledge and Clean Execution of:
 - Arabesque
 - Bourree
 - Single Pirouette on both sides
 - Pique Turns
 - Chaine Turns
 - Simple Petite Allégro (execute on own)
 - Sauté, Changement
 - Grand Allegro (execute on own)
 - Developpe
 - Frappe
 - Fondu
 - Fouetté (basic leg placement and working knowledge of rotation)
- Possess good attitude and willingness to learn

Senior Ballet II- All of Level I plus below

- Ability to execute
 - Splits on left three sides
 - Triple Pirouettes on both sides
 - Full quick Petite Allegro with clean technique
 - Full clean Adagio with stability and good technique
 - Full clean Grand Allegro with good technique
- Ability to execute a variety of fouetté combinations, including A la Seconde.
- Ability to memorize multiple sets of choreography with knowledge of terminology

Senior Ballet III – All of Level II plus below

- Ability to execute
 - splits on all sides.

 - triple or quad pirouette on both sides

 - nearly any fouetté combinations with clean technique

 - any choreography with clean technique and knowledge of vocabulary