

The Syllabus at a glance!

Our booklet contains sample exercises and a vocabulary of steps, but in the meantime, here's a useful checklist where you can see all the required exercises for both Ballet and Modern at a glance...

JUNIOR SECTION

GRADE	CLASSICAL BALLET	MODERN THEATRE DANCE
Preliminary One 10 mins	Introduction In a Circle (Fairy runs/skips) Feet & Hands Knee Bends Little Jumps Mime Dance Curtsey or bow	Introduction Walk & Run in a circle Feet & Hands Curl & Stretch Bounces Run & Mime Dance The Bow
Preliminary Two 15 mins	Introduction In a Circle (Skipping or Walking) Feet & Hands Plie & Ports de Bras Sautes Mime Galop in pairs Dance Curtsey or bow	Introduction Warm Up Feet & Hands Jump Sequence Run & Mime Galop from corner Dance The Bow
Junior One 15 mins	Introduction Skip Change of Step from the Corner Plies & Tendu Combined Ports de Bras Petit Allegro Dance Curtsey or bow	Introduction Warm Up Limbering Jump Sequence Step Ball Change Sequence Dance The Bow
Junior Two 20 mins	Introduction Galops and Skips from the Corner Plies & Tendu Combined Ports de Bras Foot Warm Up Petit Allegro Waltz & Run Dance Curtsey or bow	Introduction Warm Up Forward Stretch Leg Kicks Jump Sequence Step Ballchange Split Runs Dance The Bow

SENIOR SECTION

GRADE	CLASSICAL BALLET	MODERN THEATRE DANCE
Senior One 20 mins	Introduction Centre Practice Ports de Bras Adage Pirouettes Warm Up Allegro #1 Allegro #2 Dance Curtsey or bow	Introduction Warm Up Isolation Sequence Combination Step Amalgamation 1 Amalgamation 2 Dance The Bow
Senior Two 20 mins	Introduction Centre Practice Ports de Bras Adage Pirouettes (1 & 2) Warm Up Allegro Enchainement #1 Enchainement #2 Dance Reverence or bow	Introduction Warm Up Isolation Sequence Travel & Leap Combination Amalgamation 1 Amalgamation 2 Dance The Bow
Graduate Award 20 mins	Entrance Centre Practice Ports de Bras & Adage Pirouettes (1, 2, 3) Warm Up Allegro Petit Allegro Enchainement Grand Allegro Enchainement Dance Reverence or bow	Entrance Warm Up Isolation Sequence Travel & Leap Combination Amalgamation 1 Amalgamation 2 Dance The Bow