

Pre-Requisite for Level 5 Ballet

NAME:

DATE:

	KNOW	UNDERSTAND	EXECUTE
1st, 2nd, 3rd, 4th, 5th Position of the Feet			
Seven Movements of Dance (plier, relever, tourner, sauter, glisser, elancer, étendre)			
Ballet Port de Bras (2nd, 5th en bas, 5th en avant, 5th en haut, 3rd, 4th en avant, 4th en haut)			
Body Position: A la Seconde			
Body Position: Quatrieme Devant, Quatrième Derriere			
Body Position: Croise Devant, Croise Derriere			
Body Position: Efface			
Body Position: Ecarte			
Body Position: Epaule			
1st, 2nd, 3rd Arabesque			
Rond de jambe a terre, en l'air			
Retire			
Passe			
Developpe, enveloppe			
Temps Lie			
Pique			
Pique entourant en dedans, en dehors			
Echappe saute			
Echappe			
Chaine			
Balance			
Changement			
Entrechat quatre			
Temps Lève			
Pas de Chat			
Pas de Bouree			
Assemble entourant soutenu			
Assemble			
Single and Double Pirouette en dehors from 5th, 4th			

All of Level 4:

Knows, understands, and executes ALL criteria from Preschool to Level 3, ability to follow directions, focus, obey classroom rules, able to recall 100% of recital dances.

KNOW: can define a term/movement with words

UNDERSTAND: can translate terminology/movement into their body

EXECUTE: performs the terminology/movement with proper alignment, placement, style

ALIGNMENT: skeleton is stacked straight with no sway back, slouch

PLACEMENT: body weight is properly placed over balls of feet

TIMING: how movement is performed in synchronization with rhythm/beat of music

STRENGTH: proper and efficient use of core trunk muscles, adductors, deep rotators

NOTES: