

L2D Lesson Plan Summary – Ballet – Level 1

Month 1

1st position
Demi Plies
Tendue – 2nd
Eleve – in parallel & turn out
Releve
1st & 3rd port de bras
Sautes from 1st
Reverance

Month 2

Foot progression in parallel & 1st
2nd Position
Tendue – devant & derriere
5th en bas, en avant, en haut
Arabesque a terre
Echappe Saute
Soubresaut from 2nd
Skipping
Ballet Runs

Month 3

Demi Rond de Jambe
Temps lie
Tendue in Center
Glissade from 1st
Ballet Walks
Spotting

Month 4

Grand Plie in 2nd
Step Tendue across floor
Step, Arabesque a terre across floor-arms on
shoulders
Gallopig – sideways, forward

Month 5

Teach 5th Position
Degages
Glisse de cote
Sur le cou-de-pied
Chasse de cote
Skips w/1/2 turns

Month 6

Glisse to 4th
Battement Retire
Chasse en avant
Waltz step-no brush
Polonaise w/degage on ct. 3 (short, short, long)

Month 7

Low Grand Battements
Plie Releve
Adage- tendue, retire, tendue, close – devant &
2nd
Polka Step

Month 8

Pique
Battement Releve Lent from 1st to 45°
Low Grand battements in Center
Pas de basque w/o rdj-step brush (1), step to 5th
demi-pointe (2-3)
Preparation for Chaine Turns

Month 9

Coupe
Port de corps
Arabesque en l'air at Barre
Grand Battement in Center
Pas de bourree
Positions of Room

Floor Work Focus

Turn out
Strengthen Feet
Abdominals
Back
Flexibility

Standing Stretches

Head – incline, turn
Side bends w/hands on shoulders
Forward fold