

Primary Level (recommended for ages 5 and older)

First Month (Sept)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position
- Releve, straight legs -- parallel, 1st position
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde
- Transfer of weight, sway side to side in a natural second position
- 5th en bas, en avant, en haut
- Adage
 - Tendu a la quatrième devant, retire, point tendu, close first; alternate legs
- Allegro
 - Skips on the diagonal
 - Gallops a la seconde
- Reverence

Second Month (Oct)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs -- parallel, 1st position
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde
- Transfer of weight, sway side to side in a natural second position
- 5th en bas, en avant, en haut
- Adage
 - Tendu a la quatrième devant, retire, point tendu, close first; alternate legs
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Skips on the diagonal -- with and without half turn
 - Gallops a la seconde
 - Ballet runs
- Reverence

Third Month (Nov)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs -- parallel, 1st position
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
 - One count out, stay two counts, in one count
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde, a la quatrième
- Transfer of weight, sway side to side in a natural second position, fourth position
- 5th en bas, en avant, en haut
- Adage
 - Tendu a la quatrième devant, retire, point tendu, close first; alternate legs
 - Run and step into arabesque, arms 5th en avant, en haut
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Saute in 1st
 - Skips on the diagonal -- with and without half turn
 - Gallops a la seconde
 - Ballet runs
 - Spring points
- Reverence

Fourth Month (Dec)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs -- parallel, 1st position
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
 - One count out, stay two counts, in one count
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde, a la quatrième
- Transfer of weight, sway side to side in a natural second position, fourth position
- 5th en bas, en avant, en haut
- Adage
 - Tendu a la quatrième devant, retire, point tendu, close first; alternate legs

- Run and step into arabesque, arms 5th en avant, en haut
- Spotting exercises
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Saute in 1st
 - Echappe first to second
 - Skips on the diagonal -- with and without half turn
 - Gallops a la seconde
 - Ballet runs
 - Spring points
- Reverence

Fifth Month (Jan)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs/plie -- parallel, 1st position
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
 - One count out, stay two counts, in one count
 - One count out, stay one count, two counts to close
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde, a la quatrième
- Transfer of weight, sway side to side in a natural second position, fourth position
- 5th en bas, en avant, en haut
- Adage
 - Tendu both front and side, retire, point tendu, close first; alternate legs
 - Run and step into arabesque, arms 5th en avant, en haut
 - Ballet walks
- Spotting exercises
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Saute in 1st
 - Echappe first to second
 - Skips on the diagonal -- with and without half turn
 - Gallops a la seconde
 - Ballet runs
 - Spring points
 - Polka step
- Reverence

Sixth Month (Feb)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs/plie -- parallel, 1st position
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
 - One count out, stay two counts, in one count
 - One count out, stay one count, two counts to close
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde, a la quatrième
- Transfer of weight, sway side to side in a natural second position, fourth position
- 5th en bas, en avant, en haut
- Adage
 - Tendu both front and side, retire, point tendu, close first; alternate legs
 - Run and step into arabesque, arms 5th en avant, en haut
 - Ballet walks
- Spotting exercises
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Saute in 1st
 - Echappe first to second
 - Skips on the diagonal -- with and without half turn
 - Gallops a la seconde
 - Ballet runs
 - Spring points
 - Polka step
- Reverence

Seventh Month (Mar)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs/plie -- parallel, 1st position (add simple port de bras)
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
 - One count out, stay two counts, in one count
 - One count out, stay one count, two counts to close
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde, a la quatrième

- Transfer of weight, sway side to side in a natural second position, fourth position
- 5th en bas, en avant, en haut
- Adage
 - Tendu both front and side, retire, point tendu, close first; alternate legs
 - Run and step into arabesque, arms 5th en avant, en haut
 - Ballet walks
- Spotting exercises
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Saute in 1st
 - Echappe first to second
 - Skips on the diagonal -- with and without half turn
 - Gallops a la seconde
 - Ballet runs
 - Spring points
 - Polka step
 - Emboites over
- Reverence

Eighth Month (Apr)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs/plie -- parallel, 1st position (add simple port de bras)
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
 - One count out, stay two counts, in one count
 - One count out, stay one count, two counts to close
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde, a la quatrième
- Transfer of weight, sway side to side in a natural second position, fourth position
- 5th en bas, en avant, en haut
- Adage
 - Tendu both front and side, retire, point tendu, close first; alternate legs
 - Run and step into arabesque, arms 5th en avant, en haut
 - Ballet walks
- Spotting exercises
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Saute in 1st
 - Echappe first to second

- Skips on the diagonal -- with and without half turn
- Gallops a la seconde
- Ballet runs
- Spring points
- Polka step
- Emboites over
- Reverence

Ninth Month (May)

- Body conditioning
- Foot progression in parallel, 1st position
- Demi plie -- 1st position, 2nd position
- Releve, straight legs/plie -- parallel, 1st position (add simple port de bras)
- Tendus
 - A la quatrième devant, a la seconde
 - Even timing, one count out/one count in
 - One count out, stay two counts, in one count
 - One count out, stay one count, two counts to close
- Grand battement
 - Point, lift, step en avant, close first
- Chasse -- a la seconde, a la quatrième
- Transfer of weight, sway side to side in a natural second position, fourth position
- 5th en bas, en avant, en haut
- Adage
 - Tendu both front and side, retire, point tendu, close first; alternate legs
 - Run and step into arabesque, arms 5th en avant, en haut
 - Ballet walks
- Spotting exercises
- Allegro
 - Controlled saute in first: plie 1-2, saute and, plie 3, straighten 4
 - Saute in 1st
 - Echappe first to second
 - Skips on the diagonal -- with and without half turn
 - Gallops a la seconde
 - Ballet runs
 - Spring points
 - Polka step
 - Emboites over, under
- Reverence