

First Steps In Ballet

An award for groups of up to 8 children aged 3 years +.

A class will be conducted as per the syllabus by a teacher with the examiner observing.

The teacher may participate where necessary.

Exercises are to be arranged by the teacher except where stated as "SET"

Entrance.

Music: Track 2 4/4 Intro 2 bars + 16 bars

The Children will run into the studio, to the music, and continue running until the end of the track.

The teacher will set the children in their places and introduce them by name to the examiner. Directed by the teacher the children will then sit on the floor and prepare for the Foot Exercise. (without music)

Foot Exercise.

Music: Track 3 Example 1 (Short Version) 4/4 Intro 2 bars + 16 bars

Music: Track 4 Example 2 (Long Version) 4/4 Intro 2 bars + 32 bars

Set Exercise for Turnout.

Music: Track 5 3/4 Intro 4 bars + 32 bars

Sitting with legs straight forward, parallel, feet stretched.

Intro – Wait

*Turn both legs out from the hip and return to parallel, repeat twice more (6 bars)

Bend both knees parallel, then turn out, holding ankles (2 bars)

EITHER

A) Rock R,L,R,L,R,L,* OR B) Head to toes and hold, recover, (6 bars)

join knees together then stretch legs forward along floor (2 bars)

(16 bars)

Repeat * to *

Teacher to arrange final 2 bars

Total (32 bars)

Sharp Hands and Arms

Music: Track 6 4/4 Intro 2 bars + 16 bars

Sharp or strong movements of the hands and arms (sitting or kneeling)

Gentle Hands and Arms

Music: Track 7 4/4 Intro 2 bars + 16 bars

Soft, gentle movements of the hands and arms (sitting or kneeling)

Head Movements.

Music: Track 8 Example 1 (Short Version) 4/4 Intro 2 bars + 8 bars

Music: Track 9 Example 2 (Long Version) 4/4 Intro 2 bars + 16 bars

Using varied directions, including nodding/shaking/inclining.

Time to Stand Up.

Music: Track 10 4/4 2 bars

Knee Bends (SET)

Music: Track 11 Example 1 (Short Version) 4/4 Intro 2 bars + 8 bars

Standing 1st position.

Intro – Wait

Clap 1234, demi pli  & stretch (2 bars)

Repeat 3 more times (6 bars)

Total (8 bars)

Music: Track 12 Example 2 (Long Version) 4/4 Intro 2 bars + 16 bars

Springing steps.

Music: Track 13 Example 1 (Short Version) 6/8 Intro 2 bars + 16 bars

Music: Track 14 Example 2 (Long Version) 6/8 Intro 2 bars + 32 bars

Jumps, on the spot, travelling or turning.

(These could be characterised e.g. Kangaroo, bunnies, frogs or a bouncing ball)

Stork Walks & Skips. (SET)

Music: Track 15 6/8 Intro 2 bars + 32 bars

Moving in a circle, 4 stork walks (Step forward onto a straight leg lifting working toe to knee & hold) (4 bars)

6 skips & jump feet together (4 bars)

Repeat all 3 more times. (24 bars)

Total (32 bars)

Tip Toe Walks.

Music: Track 16 4/4 Intro 2 bars + 16 bars

Walking on tip toes, as a group or individually in a circle or pattern to be arranged by teacher.

Galops.

Music: Track 17 Example 1 (Short Version) 6/8 Intro 2 bars + 32 bars

Music: Track 18 Example 2 (Long Version) 6/8 Intro 2 bars + 64 bars

Galops sideways with a partner, in the case of an odd number one candidate could dance solo or with the teacher/assistant. (pattern to be arranged by the teacher)

Dance a Story.

A creative movement with a theme to be arranged by the teacher to one of the four tracks provided.

This should be danced altogether and may be interactive.

Music: Track 19: A 6/8

Track 20. B 3/4

Track 21: C 3/4

Track 22: D 4/4

Curtsey or Bow and Exit

Music: Track 23: 6/8 2 bars Intro + 16 bars