



Intermediate Ballet Curriculum

Intermediate ballet for ages 12 to 18 will focus on strengthening the body through correct technique and positioning, especially in preparation for possible pointe work. We will also be working on musicality through fun combinations and variations. Each month, as the students progress, we will introduce new terms and steps using good technique, coordination, and creativity, building on skills learned in the previous month. Mid year (December), they will be doing an in-class performance to show their progress to close friends and family. A more formal performance will be at the end of the dance year, in May. This is a fun time for them to shine and wear a fun costume, showcasing the things they have learned throughout the year as well as building their confidence in giving them a more formal venue at which to perform.

*All performances will depend on COVID-19 restrictions.

During each class period, we will generally observe the following schedule:

- Circle Warm-Up (5 min): Includes group stretching of muscles and preparing the body for dancing during class.
- Barre (25 min): Stretches the brain to memorize more advanced combinations through practicing correct form. Gives dancers an opportunity to work on strengthening muscles for balancing in preparation for pointe work.
- Center/Across the Floor (30-35 min): Develops physical and mental confidence as they further work on musicality and bringing dance to life through fun combinations. Provides space for creative movement alone, with partners, and as a group.
- Reverence (bow/curtsy): Shows teacher and other students in the class respect and appreciation for class time.

Monthly Focus

September: Extension through tendus and arabesque. Review ballet terms, movement, and class etiquette.

October: Fluidity through rond de jambe and waltz step.

November: Quick movement through frappes and petit allegro.

December: Greater extension through degage and grande allegro. In-class Christmas performance.

January: Progression through retire and pirouettes.

February: Full extension through grande battements and grande jete. Begin performance choreography.

March: Revisit technique, work on arabesque and begin choreography.

April: Revisit waltz step and choreography. Practice performance choreography.

May: Presentation of the year's work through formal performance for friends and family.