Winchester Christian Ballet
Creative Movement
Class Curriculum

Barre
Plie in 1st, 2nd, and 3rd
Releve in 1st and 2nd position
Soussus
Tendu from 3rd front and side
Degage` from 1st and side
Battement from 1st front side and back
Tendu retire` Tendu close from 1st
Jumps at the barre from 1st Saute` and Echappe`

Center/across the floor
Teach correct finger position for ballet
Teach arm position for 1st, 3rd, 5th en bas and 5th en haut
1st, 2nd, 3rd Arabesque with Tendu back leg
Ballet walks (toe heel)
Bourree`
Skips- front, back, and turning
Gallops with oppositional arms, changing legs after 4
Chasse` front and side
Pas de bourree`
Pique` Passe` to flat foot
Triplets
Balance`
Pas de Chat 1st to 1st
Grand Jete

Stretching (After Warm-up)
Straddle side-to-side and center
Pike
Butterly, cat, frog
Wonder woman, snake

Winchester Christian Ballet
Pre-Ballet
Class Curriculum

Barre
Demi plie` and Releve`: 1st, 2nd, 3rd with sous-sus
Grand Plie`: facing the barre to start in 1st, 2nd, 3rd, and 5th
Tendu: closing in 1st and 5th
Degage`: closing in 1st and 5th
Ronde de Jambe: (la` terre: en dehors & en dedans)
Fondu: finished in tendu abd 45 degrees
Sur le cou de pied: starting from 5th, wrap front and back
Passe`: slow (flat and releve`)
Developpe`: wrap, retire`, developpe tendu close (front side and back)
Grand Battement: to tendu close
Jumps at the Barre: Saute 1st, 2nd, and 5th, Echappe`; changement
Sous-sus
Soutenu

Center/Across the floor
1st, 2nd, and 3rd Arabesque with tendu position of the foot
Slow Adagio with Port de Bras using head position
Pas de Bourree (5th, 2nd, 5th)
Balance` from 1st
Pique` Passe` en dehors to flat foot
Glissade from 1st to 1st and then 5th to 5th
Pas de chat from 1st and the from 5th
Chaine` Tours: ½ and ½ with 2nd arms
Chasse` front, side, back from 5th
Bourree
Saute` Arabesque
Saute` Passe`
Saute`Arabesque with Saute` Passe`
Skipping while turning
Temps Lie`
Emboite
Saut de chat (Italian pas de chat)
Changement
Soubresaut (grand)
Jete`

Stretching (After Warm-up)
Straddle- side-to-side and center
Pike
Butterly, cat, frog
Wonder woman, snake
Splits

Winchester Christian Ballet
Beginning Ballet
Class Curriculum

Barre
Cambre arm in 1st, Port de Bras front side back
Demi and Grand Plie in 1st, 2nd, 5th, Demi plie 4th
Tendu en croix
Degage` en croix
Ronde de Jambe
Frappe`
Petit Battment: slow count in Sur le cou-de-pie`
Attitude
Developpe` front side and back front, side and back from 5th
Grand Battement
Detourne`
Saute`, Echappe, Changement, Royale
Heel Stretch
Pas de Cheval
Releves in 1st, 2nd and 5th
Port de Bras to the front, side and back
Balances in posse, sous sus, coupe, and arabesque
Preparations for: pas de bourree, piques and bourree

Center/Across the Floor
Epaulement Criose` and Efface`
Glissade pas de chat
Pas de Bourree from cou-de-pied back sous-sus open in seconde and Sous-sus changing 5th
Balance from 5th
Saute` arabesque Saute` passe
Bourree
Emboite en lair
Soutenu
Chaines
Pas de Basque
Changement, Soute`, Echappe, Royale
Adagio (a slow, stretching combination)
Petite Allegro (small jumps) sautes in 1st and 2nd.
Changments
Glissade (this will be taught towards end of year)
Practicing and enforcing memorization of the 4 arabesques
A slow combination across the floor incorporating the arabesques as well as ballet walks
Grand Allegro (big jumps) preparation for saute de chat, transitioning into actual saut de chat
Jete`

Stretching (After Warm-up)
Straddle side-to-side and center
Pike
Butterly, cat, frog
Wonder Woman, snake
Splits
Focus on Spotting Head
Splits, holding for 20 second, side and middle splits
Swan
Stretching legs to front and side in proper alignment
If there is extra time, abdominal exercises

Winchester Christian Ballet
Ballet 1
Class Curriculum

Barre
Demi plie and Grand in all postions
Battement Tendu and Degage with plie
Ronde de jambe with plie
Preparation to Rond de jambe enl'air facing barre then left hand on barre
Petit Battement flat and flexed- add releve 2nd semester facing barre
Tendu fondu
Releve` attitude balance front and back
Developpe in releve 2nd semester
Piroutte prep from 4th position
Piroutte prep lunge position
Add head positions to front side back
Begin using big arms 2nd semester
Pas De Cheval
pique` a`terre

Center
Focus on Spotting head
Full Epaulement all positions
Port de bras front and back
Adagio on diagonals
Temps lie to grand pose
Chasse pas de bourre in releve
Tombe pas de bourre in releve
Rond de jambe in Epaulement
Pas de basque
Pique vs Releve Soutenu
Balance quarter and half turns
Pas de bourrees all directions and with coupe and retire
3rd and 4th arabesque Vaganova a terre
Tendus and Degage can be done in the center
Pique retire
Pique Arabesque
5th position pirouettes en dehors
Pas de bourree coupe
Pique soutenu traveling
Waltz step forward and back 2nd semester
Saute, glissade, saute chat 2nd semester
Tombe pas de bourree glissade saute chat or grand jete
Petit jete with temp leve
Assemble an avant and en arriere
Assemble en tournant
Saute basque
Saute balance
Sissonne ferme vs ourvert
Echappe battu (2nd semester)
Entrechat
Reverence, (grande)
Changement
Epaulement (croise` and efface`)
Pirouette- en dedans & en dehors

Stretching (After Warm-up)
End of barre standard: Stretch and Strength: heel stretch
Tap up, 30 situps or plank
Splits, Battement back, Backs, arch 4 hold 4 with arm positons, push-ups 15, Needle leg lifts 4-8 sets, Frog,
Barre: 32 releves coupe- add retire, attitude, arabesque, releve lent 90 degrees hold 8cts, same with developpe,
Pirouette combination, 4th position pirouttes single.

Winchester Christian Ballet
Ballet 2
Class Curriculum

Barre
Batte, Tendu in directions Croise, Efface` with arms
Rond De Jambe a terre straight and pile`
Rond De Jambe en l' air (double) en dedans & en dehors
Demi and Grand Rond at 45 degrees
Frappe` Petit Battement in Demi Point
Flic-Flac
Develope` All directions
Releve` in attitude and arabesque
Pas de Cheval
Port de bras, grand (circular)
Surle cou-de-pied
En Cloche

Center
Body positions- Epaulement
From 4th en dehors and en dedans & 5th position (Pirouette)
Adagio with Promenade developpe, temps
Saute Basque
Pas de Bourree en dehors and en dedans
Releve` in cou-de-pie consecutive
Jumps: Jete, Assemble; Echappe`, Changement, Entrechat, Royale, Sissone, Brise
Tombe` pas de Bourre`
Tombe` pas de Bourre Piroutte
Polonaise
Glissade changee
Cabriole grande
Waltz turn
Tour Jete and Foutte
Coupe` ballone`
Emboite` entournant
Pique turns
Balance entourant
Fouette a terre
Fouette 45 degrees
Chasse lunge inside piroutte
Promenade arabesque
Failli
Focus on spotting: the head is the last part to leave the front of the room as the body turns and the first to arrive as the body completes the turn.

Stretching (After Warm-up)
End of barre standard; Stretch and Strength: heel stretch Tap up, 30 situps or planks
Splits, Battement back, Backs, arch 4 hold 4 with arm positions, push-ups 15, Needle leg lifts 4-8 sets
Frog, Barre: 32 releves coupe- add retire, attitude, arabesque, releve lent 90 degrees hold 8 cts, same with developpe, Pirouette combination, 4th position pirouttes double.

Winchester Christian Ballet
Ballet 3
Class Curriculum

Barre
Demi and Grand Rond de jambe at 90 degrees flat and Releve`
Fondu at 45 and 90 degrees
Double Ronde de Jambe en l`air- double
Piroutte at the Barre & Foutte` turns
Frappe` single and double releve`
Frappe` at 45 degrees
Petit Battement
Battement in releve`, efface`, devant, derierre
Grand Battement Enveloppe` Developpe`
Penche`
Enveloppe`
Petit battements
Serree`
En Cloche

Center
Coupe Ballone` in Releve`
Begin Foutte` turns
Echappe turning
Echappe landed in cou-de-pied
Saute` in first Arabesque + pas de chat
Pas Assemble` en tournant (½ turn)
Sissone Ferme` en tournant (½)
Sissone Failli Assemble` consecutive
Soutenu entournant
Tombe1
Begin Foutte` turns
Jumps: Ballotte, Ballone`, foutte` Saute`, Failli` Foutte`, Cabiole devant and derierre
Entrechat Trios, Temps de Fleche, Grande Sissone, Tour en l'air, Brise`
Adagio with developpe` and promenade
Pique` developpe` plie`
Pique` Turn
Pique arabesque
Contretemps
Tour Jete
Jete
Saut de chat
Entrechat six
Entrechat ing
Tour sautille`
Temps de Fleche
Emboite` en tournant
Temps de cuisse

Stretching (After Warm-up)
End of barre standard: Stretch and Strength: heel stretch
Tap up, 30 situps or plank,
Splits, Battement back, Backs, arch 4 hold 4 with arm positions, push-ups 15, Needle leg lifts 4-8 sets, Frog,
Barre: 32 releves coupe- add retire, attitude, arabesque, releve lent 90 degrees hold 8 cts, same with developpe,
Piroutte combination, 4th position pirouettes double

Winchester Christian Ballet
Ballet 4
Class Curriculum

Exercise at the Barre
Plies in the first, second, fourth and fifth positions
Battements tendus
Battements tendus a`terre
Battement fondus
Rond de jambe a` terre (en dedans en dehors)
Battements Freppes- Serree`
Petit bettements sur le cou-de-pied
Adagio- Developpe`- long stretch
Rond de jambe en l1air (endedans endehors)
Grand bettements
Flic flac
Pas de Cheval
Port de bras (grand circular) with Ronds de jambe a` terre
Enveloppe`
Grand Rond de jambe 90 degrees- double
Foutte with Passe`

Stretching after Barre
End of barre standard: Stretching and Strength: heel stretch Tap up, 30 situps or plank, Splits, Battement back, Backs, arch 4 hold 4 with arm positions, push-ups 15, Needle leg lifts 4-8 sets, Frog, Barre: 32 releves coupe-add retire, attitude, arabesque, releve lent 90 degrees hold 8 cts, same with developpe, Pirouette combination, 4th position pirouettes double

Center
Adagio with Developpe` and Promenade all body positions
Jumps: Assmeble` batte (devant and derriere`), jete`, battu, Ballonne' battu, Entrechat
Trois and cinque, entrechat six cabriole, temps d Fleche, brise` vole`
Sissone Ferme` en tournament (½ turn)
Pas Assemble` en tournament (½ turn)
Sissone Failli Assemble` consecutive, Sissone Changee`, Sissone a` la seconde, Sissone sur la pointe
Penche` in Arabesque
Arabesque turns
Attitude turns
Pique turns en dehors and en dedans
Temp de cuisse
Pique arabesque chasetour jete`
Renverse` en dehors

Grand Battements Center
Tour Chaine
Pas de bourree` pique dessous entournant
Pas de chat, grande
Soutenu en tournant
Saut de Chat
Grand Jete`
Foutte`
Saut de basque
Soubresaut
Echappe`
Emboite- entournant
Pas de bourree` dessous en tournant
Contretemps
Italian Fouette
Brise` Vole`
Temp de Fleche