

# CLASSICAL BALLET SYLLABUS

## GRADE 1

**Level 1 Award in Graded Examinations in Dance**

**Female & Male Syllabus**

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# Introduction and Overview

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## About the Syllabus

We are delighted to present this newly edited and reformatted Syllabus which contains the set work for the Grade 1 Examination in Dance (Classical Ballet). The Syllabus should be used in conjunction with the Specification, Syllabus Film and Syllabus Music for Grade 1. Together, these resources provide comprehensive information and guidance for teachers.

Classical Ballet has been an integral part of bodance history. The syllabus was originally devised by John Field and Anne Heaton Field in 1988 and was reviewed in 1999. The work has been carefully preserved and cherished as a unique legacy. Some details may have changed along the way but the syllabus retains its allegiance to the vocabulary and style of the British school of ballet.

## Note on Terminology

To ensure consistency, the ballet terminology in this syllabus adheres to a single source, namely Gail Grant, (1967) *Technical Manual and Dictionary of Classical Ballet*. New York: Dover Publications.

## The Specification

Grade 1 constitutes the beginning of a series of qualifications which are recognised in England and Wales and form part of the Regulated Framework (RQF) at Level 1. Successful completion of the Examination leads to the following qualification:

*BBO Level 1 Award in Graded Examinations in Dance: Grade 1*

Full details of the Examination for Grade 1 in Classical Ballet can be found in the Specification, including duration, recommended uniform and assessment criteria. Please note that Specifications for all Graded and Vocational Graded Examinations are available via the website.

## The Syllabus Film

In addition to the written word, teachers will benefit from the Syllabus Film which is available on the website and can be downloaded for free. The film shows each exercise being taught to students (female and male) and demonstrated with the music, providing clarification of musical timing, coordination of the arms and use of head. Whilst the film is intended as a resource for teachers, extracts may be shown to students as part of the learning process.

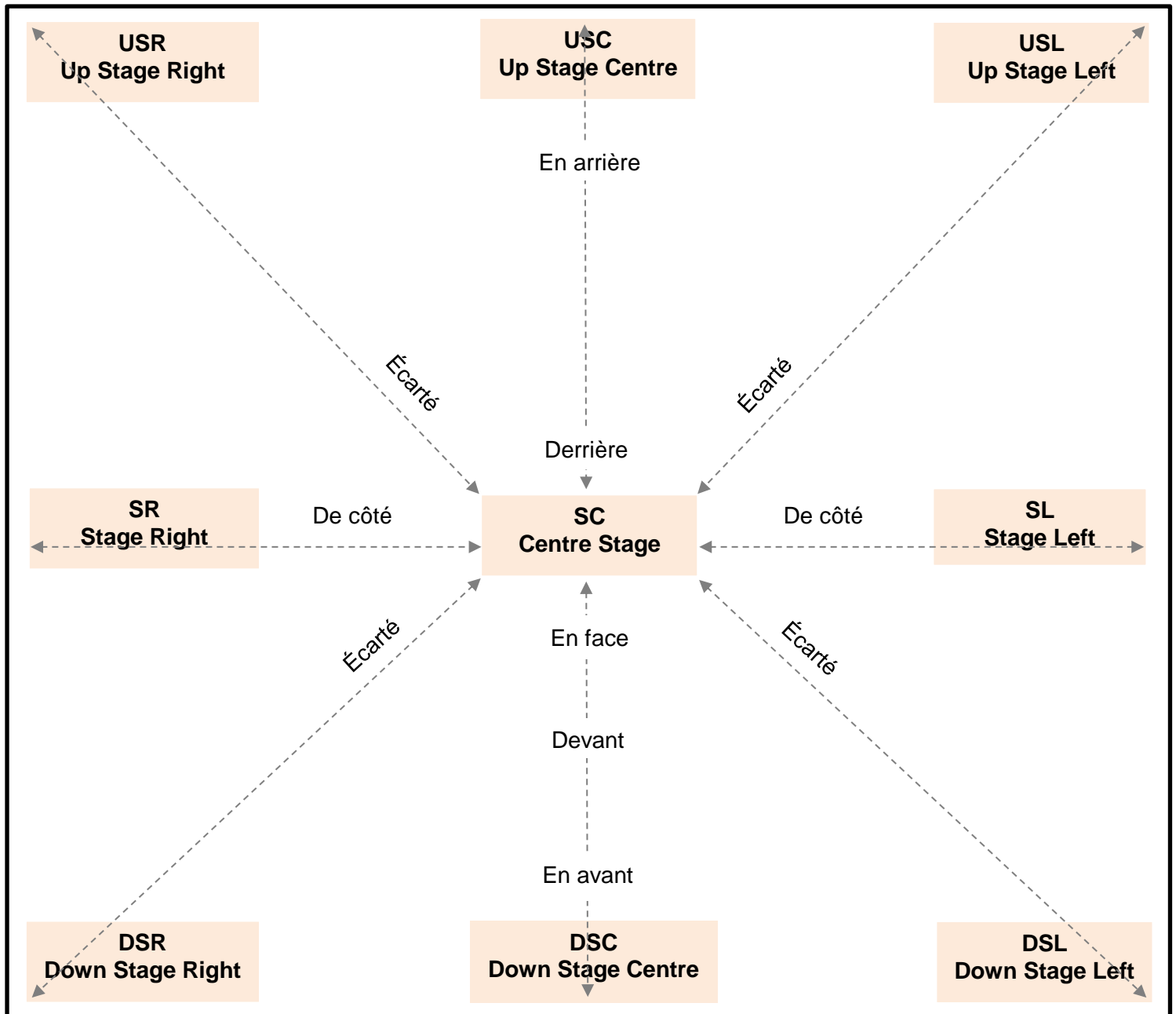
## The Syllabus Music

The music for Grade 1 Classical Ballet is available as a CD which can be purchased from bodance. Composed by Peter Jones, the music has remained in its original form and continues to inspire teachers and students alike. For the 2017 review of sources, a new voice over has been added.

## Note on Examinations

This updated syllabus will come into effect from 1<sup>st</sup> January 2018 and will supersede all previous versions. Teachers are advised to use this newest version in preparing students for examinations. From 1st January, all examinations will refer to the 2017 syllabus edition of Grades 1-5 Classical Ballet.

# Stage Directions



# Vocabulary

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## Grade 1

The following French terms are introduced in Grade 1:

Arabesque	En face
À terre	En l'air
Barre	Épaulement
Battement	Fondu
Bras Bas	Glissade
Chassé	Glissé
Demi	Jeté
Demi-rond de jambe	Ouverte
Demi-seconde	Petit
Demi-bras	Plié
Demi-plié	Pointe
Derrière	Port de bras
Devant	Retiré
Développé	Révérance
En	Rond de jambe
En avant	Sauté
En dedans	Temps levé
En dehors	Tendu
En diagonale	

# Barre

## Exercise 1 – Preparation for Turnout

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	Facing barre – 1st position	Bras bas	En face
<b>Introduction 2 counts</b>		Place hands on barre	
<b>1</b>	Tendu R foot devant – turned out		
<b>2</b>	Hold Tendu. Turn in		
<b>3</b>	Hold Tendu. Turn out		
<b>4</b>	Close 1 <sup>st</sup> position		
<b>5 - 8</b>	Repeat with L foot		
<b>1 - 8</b>	Repeat in 2 <sup>nd</sup> position with R and L		
<b>1 - 2</b>	Tendu R foot derrière		Slightly turned towards supporting leg
<b>3 - 4</b>	Close 1 <sup>st</sup> position		En face
<b>5 - 8</b>	Repeat with L		As above
<b>1 - 2</b>	Demi-plié		
<b>3 - 4</b>	Stretch		
<b>5 - 6</b>		1 <sup>st</sup> to 5 <sup>th</sup> position	

7 - 8		Lower through 1 <sup>st</sup> position to barre	
1 - 8 1 - 8 1 - 8 1 - 8	Repeat whole exercise commencing with L foot	As above	As above
		Bras bas	

# Barre

## Exercise 2 – Demi-plié

Music 4/4

Counts	Steps	Arms	Head
<b>Commence:</b>	Facing barre – 1 <sup>st</sup> position	Bras bas	En face
<b>Introduction 2 counts</b>		Place hands on barre	
<b>1</b>	Demi-plié		
<b>2</b>	Stretch		
<b>3</b>	Tendu R foot to 2 <sup>nd</sup> position		
<b>4</b>	Lower heels		
<b>5</b>	Demi-plié		
<b>6</b>	Stretch		
<b>7</b>	Point R foot		
<b>8</b>	Close 1 <sup>st</sup> position		
<b>1 - 8</b>	Repeat with L foot		
<b>1</b>	Tendu R foot devant		Slightly turned towards working leg
<b>2</b>	Close 1 <sup>st</sup> position		En face
<b>3</b>	Tendu R foot derrière		Slightly turned towards supporting leg



<b>4</b>	Close 1 <sup>st</sup> position		En face
<b>5 - 6</b>	Demi-plié		
<b>7</b>	Rise		
<b>8</b>	Lower heels		
<b>1 - 8</b>	Repeat with L foot		As above
		Bras bas	

# Barre

## Exercise 3 – Positions of the Feet

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	Facing barre – 1 <sup>st</sup> position	Bras bas	En face
<b>Introduction 2 counts</b>		Place hands on barre	
<b>1</b>	Tendu R foot to 2 <sup>nd</sup> position		Slightly turned towards working leg
<b>2</b>	Lower heels		En face
<b>3</b>	Transfer to Pointe tendu L		Slightly turned towards working leg
<b>4</b>	Close 1 <sup>st</sup> position		
<b>5 - 8</b>	Repeat commencing with L foot		As above
<b>1</b>	Tendu R foot to 2 <sup>nd</sup> position		En face
<b>2</b>	Close 3 <sup>rd</sup> position devant		
<b>3</b>	Tendu R foot devant		
<b>4</b>	Lower heels into 4 <sup>th</sup> position		
<b>5</b>	Point R foot		
<b>6</b>	Close 3 <sup>rd</sup> position		
<b>7</b>	Tendu R foot to 2 <sup>nd</sup> position		

<b>8</b>	Close 1 <sup>st</sup> position		
<b>1 - 8 1 - 8</b>	Repeat whole exercise commencing with L foot		
		Bras bas	

# Barre

## Exercise 4 – Battement Glissé

Music 2/4

Counts	Steps	Arms	Head
<b>Commence:</b>	Facing barre – 1 <sup>st</sup> position	Bras bas	En face
<b>Introduction 4 counts</b>		Place hands on barre	
<b>1</b>	Tendu R foot to 2 <sup>nd</sup> position		Slightly turned towards working leg
<b>2</b>	Lift		
<b>3</b>	Lower to Pointe tendu in 2 <sup>nd</sup> position		
<b>4</b>	Close 1 <sup>st</sup> position		En face
<b>5 - 8</b>	Repeat with L foot		As above
<b>+ 1</b>	Glissé R foot to 2 <sup>nd</sup> and close 1 <sup>st</sup> position		En face
<b>2 - 4</b>	Hold		
<b>+ 5</b>	Glissé L foot to 2 <sup>nd</sup> and close 1 <sup>st</sup> position		
<b>6 - 8</b>	Hold		
<b>1 - 8 1 - 8</b>	Repeat whole exercise commencing with R foot		As above
		Bras bas	

# Barre

## Exercise 5 – Rond de Jambe à Terre

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	Facing barre – 1 <sup>st</sup> position	Bras bas	En face
<b>Introduction 2 counts</b>		Place hands on barre	
<b>1</b>	Tendu R foot to 2 <sup>nd</sup> position		
<b>2</b>	Demi-rond de jambe to derrière (en dehors)		Slightly turned towards supporting leg
<b>3 – 4</b>	Slow close into 1 <sup>st</sup> position		En face
<b>5 – 8</b>	Repeat with L foot		As above
<b>1 – 8</b>	Repeat all (en dedans)		Slightly turned towards working leg
<b>1 - 8 1 - 8</b>	Repeat whole exercise		As above
		Bras bas	

# Barre

## Exercise 6 – Retiré

Music 6/8

Counts	Steps	Arms	Head
<b>Commence:</b>	Facing barre – 1 <sup>st</sup> position	Bras bas	En face throughout
<b>Introduction 2 counts</b>		Place hands on barre	
<b>1</b>	Tendu R foot to 2 <sup>nd</sup> position		
<b>2</b>	Close 1 <sup>st</sup> position		
<b>3</b>	Petit retiré R foot devant		
<b>4</b>	Close 1 <sup>st</sup> position		
<b>5</b>	Retiré R foot placed to front of mid-calf		
<b>6</b>	Close 1 <sup>st</sup> position		
<b>7</b>	Demi-plié		
<b>8</b>	Stretch		
<b>1 - 8</b>	Repeat with L foot		
<b>1 - 8 1 - 8</b>	Repeat whole exercise		
		Bras bas	

# Barre

## Exercise 7 – Preparation for Arabesque

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	Facing barre – 1 <sup>st</sup> position	Bras bas	En face
<b>Introduction 4 counts</b>		Place hands on barre	
<b>1 - 2</b>	Tendu R leg derrière		Slightly turned towards supporting leg
<b>3 - 4</b>	Lift en l'air (just off the floor)		
<b>5</b>	Lower to Pointe tendu derrière		
<b>6</b>	Close 1 <sup>st</sup> position		En face
<b>7</b>	Rise		
<b>8</b>	Lower heels		
<b>1 - 8</b>	Repeat with L leg		As above
<b>1 - 8 1 - 8</b>	Repeat whole exercise		
		Bras bas	

## Exercise 1 – Positions of the Head

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	1 <sup>st</sup> position en face	Bras bas	En face
<b>Introduction 2 counts</b>			
<b>1</b>			¼ turn to R
<b>2</b>			En face
<b>3 - 4</b>			Repeat L
<b>5</b>			Forward (lowered)
<b>6</b>			En face
<b>7</b>			Back (lifted)
<b>8</b>			En face
<b>1</b>		R arm 1 <sup>st</sup> position	Incline to L looking into the palm of the hand
<b>2</b>		R arm 2 <sup>nd</sup> position	Follows R arm
<b>3 - 4</b>		L arm 1 <sup>st</sup> to 2 <sup>nd</sup> position	Repeat to R
<b>5 - 7</b>	3 Classical walks forward (R, L, R)	2 <sup>nd</sup> position	En face
<b>8</b>	Close 1 <sup>st</sup> position	Bras bas	
<b>1 - 8 1 - 8</b>	Repeat commencing L		



## Exercise 2 – Port de Bras

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	1 <sup>st</sup> position en face	Bras bas	En face
<b>Introduction 2 counts</b>		Female – Demi-seconde, Bras bas	Follows R arm
<b>1</b>		1 <sup>st</sup> position	En face
<b>2</b>		2 <sup>nd</sup> position	
<b>3 - 4</b>		Bras bas	Lowered
<b>5</b>		1 <sup>st</sup> position	En face
<b>6</b>		3 <sup>rd</sup> position (leaving R arm across)	Towards front arm
<b>7</b>		2 <sup>nd</sup> position	En face
<b>8</b>		Bras bas	Lowered
<b>1</b>		1 <sup>st</sup> position	En face
<b>2</b>		4 <sup>th</sup> position (R arm up)	Lifted towards raised arm
<b>3</b>		2 <sup>nd</sup> position	Follows R arm
<b>4</b>		Bras bas	Lowered
<b>5</b>		1 <sup>st</sup> position	En face
<b>6</b>		5 <sup>th</sup> position	

<b>7</b>		2 <sup>nd</sup> position	Follows R arm
<b>8</b>		Bras bas	Lowered
<b>1 - 8 1 - 8</b>	Repeat whole exercise using L arm	As above	As above

## Exercise 3 – Battement Tendu

Music 2/4

Counts	Steps	Arms	Head
<b>Commence:</b>	1 <sup>st</sup> position en face	Bras bas	En face
<b>Introduction 4 counts</b>		1 <sup>st</sup> and 2 <sup>nd</sup> position	
<b>1</b>	Tendu R to 2 <sup>nd</sup> position		
<b>2</b>	Lower heels		
<b>3</b>	Transfer to Pointe tendu L		
<b>4</b>	Close 1 <sup>st</sup> position		
<b>5 - 7</b>	Repeat commencing L foot		
<b>8</b>	Close 1 <sup>st</sup> position	Bras bas	
<b>1</b>	Tendu devant R	3 <sup>rd</sup> in opposition (L arm 1 <sup>st</sup> position)	Over front arm
<b>2</b>	Close 1 <sup>st</sup> position		
<b>3</b>	Tendu R to 2 <sup>nd</sup> position	2 <sup>nd</sup> position	En face
<b>4</b>	Close 1 <sup>st</sup> position		
<b>5 - 6</b>	Demi-plié	Bras bas	
<b>7 - 8</b>	Straighten	1 <sup>st</sup> to 2 <sup>nd</sup> position	

<b>1 - 8 1 - 8</b>	Repeat whole exercise commencing L foot	As above	As above
		Bras bas	

## Exercise 4 – Chassé and Rond de Jambe à Terre

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	3 <sup>rd</sup> position en face – R foot front	Bras bas	En face throughout
<b>Introduction 2 counts</b>			
<b>1</b>	Demi-plié	Bras bas	
<b>2</b>	Chassé en avant	1 <sup>st</sup> position	
<b>3</b>	Transfer into Pointe tendu derrière on a straight supporting leg	2 <sup>nd</sup> position	
<b>4</b>	Close 3 <sup>rd</sup> position derrière	Hold in 2 <sup>nd</sup> position	
<b>5</b>	Tendu back leg to 2 <sup>nd</sup> position		
<b>6</b>	Demi-rond de jambe en dedans		
<b>7 - 8</b>	Close 3 <sup>rd</sup> position devant	Bras bas	
<b>1 - 8</b>	Repeat commencing L foot front	As above	
<b>1 - 8 1 - 8</b>	Repeat whole exercise		

## Exercise 5 – Galops and Polka

Music 2/4

Counts	Steps	Arms	Head
<b>Commence in a circle:</b>	3 <sup>rd</sup> position – R foot front		
<b>Introduction 4 counts</b>	Tendu R foot devant on counts 3 - 4	Female – hands on hips Male – fists clenched	Towards front leg
<b>1 - 4</b>	4 Galops en avant commencing with R foot		
<b>+</b>	Temps levé R, L leg passing through Petit développé	Demi-bras (palms face upwards)	
<b>5 - 8</b>	2 Polka steps		Towards front leg
<b>1 - 8</b>	Repeat commencing L foot	As above	As above
<b>1 - 8 1 - 8</b>	Repeat whole exercise	As above	
	Close 1 <sup>st</sup> position	Bras Bas	

## Exercise 6 – Battement Tendu and Glissade

Music 3/4

Counts	Steps	Arms	Head
<b>Commence:</b>	3 <sup>rd</sup> position en face – L foot front	Bras bas	En face
<b>Introduction 6 counts</b>			
<b>1</b>	Tendu back foot to 2 <sup>nd</sup> position		Towards front shoulder
<b>2</b>	Close 3 <sup>rd</sup> position devant en plié	With épaulement towards front foot	
<b>+ 3</b>	Glissade devant with front foot		
<b>4 5 + 6</b>	Repeat other side	As above	As above
<b>1 2 + 3</b>	Repeat other side		
<b>4 - 6</b>	Slowly stretch legs in 3 <sup>rd</sup> position		
<b>1 - 6 1 - 6</b>	Repeat whole exercise commencing with R foot front	As above	As above

## Exercise 7 – Petit Sauté and Spring Points

Music 2/4

Counts	Steps	Arms	Head
<b>Commence:</b>	1 <sup>st</sup> position en face	Female – Bras bas Male – hands on hips (fists clenched) throughout	En face
<b>Introduction 4 counts</b>			
<b>1 - 4</b>	4 Sautés in 1 <sup>st</sup> position		
<b>5</b>	Spring point R foot devant	Demi-seconde	Over working leg
<b>6</b>	Spring to close 1 <sup>st</sup> position	Hold Demi-seconde	En face
<b>7</b>	Spring point L foot devant		Over working leg
<b>8</b>	Spring to close 1 <sup>st</sup> position	Bras bas	En face
<b>1 - 8 1 - 8 1 - 8</b>	Repeat whole exercise with alternate legs	As above	As above
		Bras bas	



## Exercise 8 – Révérence

Music 6/8

Counts	Steps	Arms	Head
<b>Commence:</b>	USL – R foot Pointe tendu devant ouverte	Female – Demi-seconde Male – hands on hips (fists clenched)	En face
<b>Introduction 2 counts</b>			
<b>1 - 3</b>	Free run en diagonale to DSR	Female – Demi-seconde Male – 1 <sup>st</sup> to 2 <sup>nd</sup> position	Complement all arm movements
<b>4</b>	Close 1 <sup>st</sup> position en face	Bras bas	
<b>5</b>	Step with R to 2 <sup>nd</sup> position	Female – Demi-seconde Male – R arm open to 2 <sup>nd</sup> position	
<b>6 - 7</b>	Curtsey or bow Male – close 1 <sup>st</sup> position	Male – arms at their sides	
<b>8</b>	Female – close 1 <sup>st</sup> position	L arm towards USL to next candidate	
	Each candidate to clear to R on completion of Révérence	Last candidate – arms in Demi-seconde with palms forward	
	Repeat to left		

## Additional Information

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The Classical Ballet Syllabus was originally devised for the British Ballet Organization in 1988 by John Field and Anne Heaton Field, and Reviewed in 1999.

### 2017 Syllabus Review Team

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