

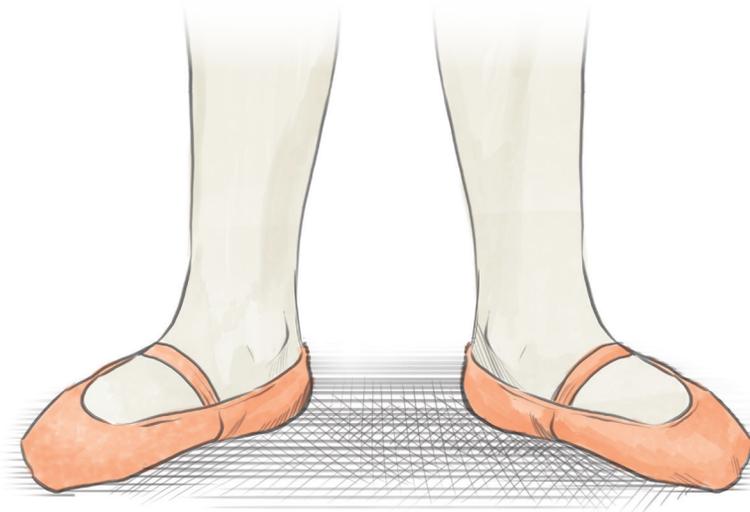
Positions of the Feet for Level One



PARALLEL OR FEET TOGETHER

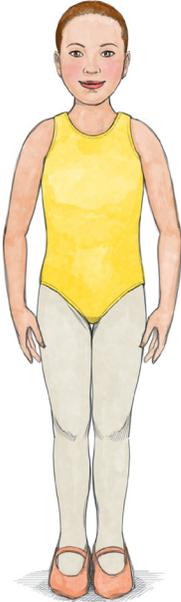


FIRST POSITION

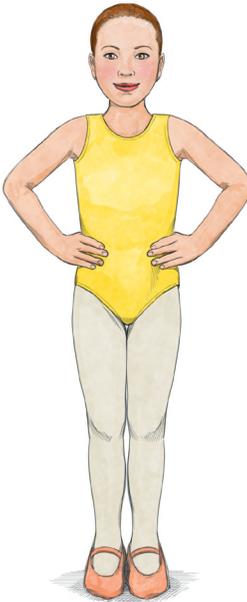


SECOND POSITION

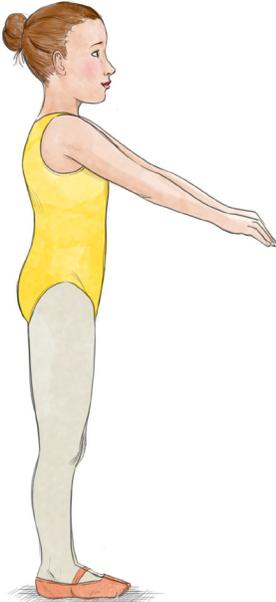
Positions of the Arms for Level One



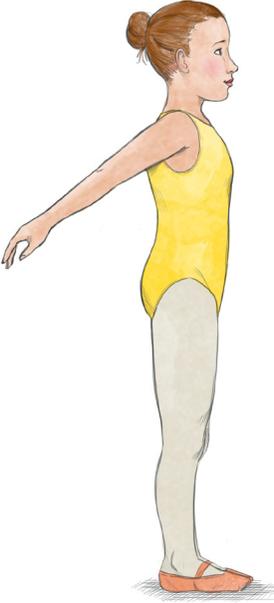
ARMS DOWN



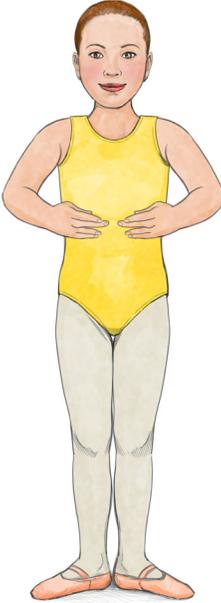
HANDS ON WAIST



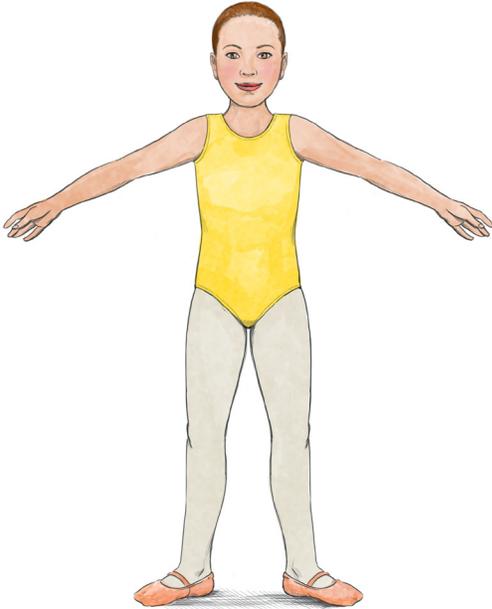
ARMS FORWARD



ARMS BACK



FIRST POSITION



SECOND POSITION

Bluebird

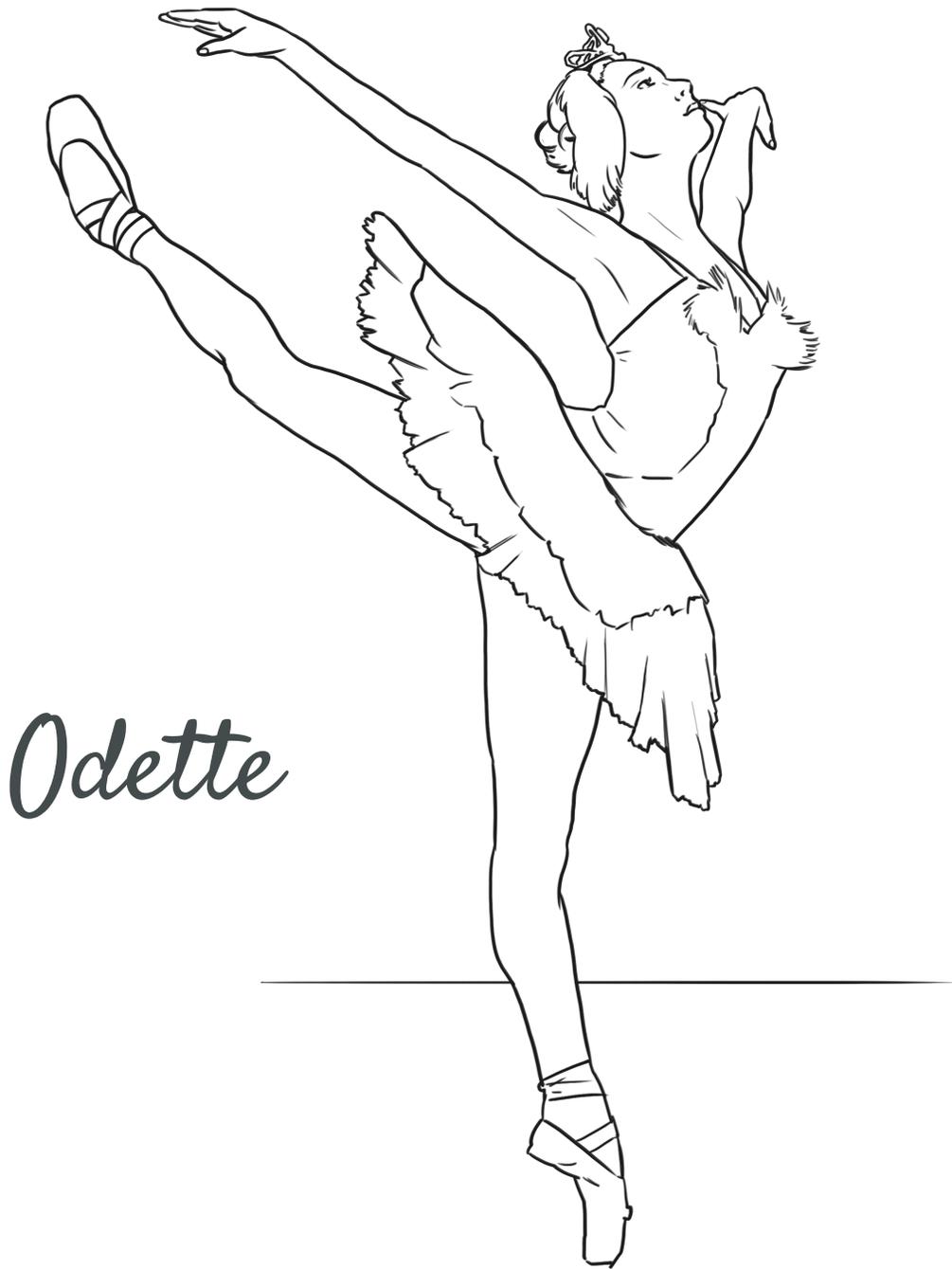




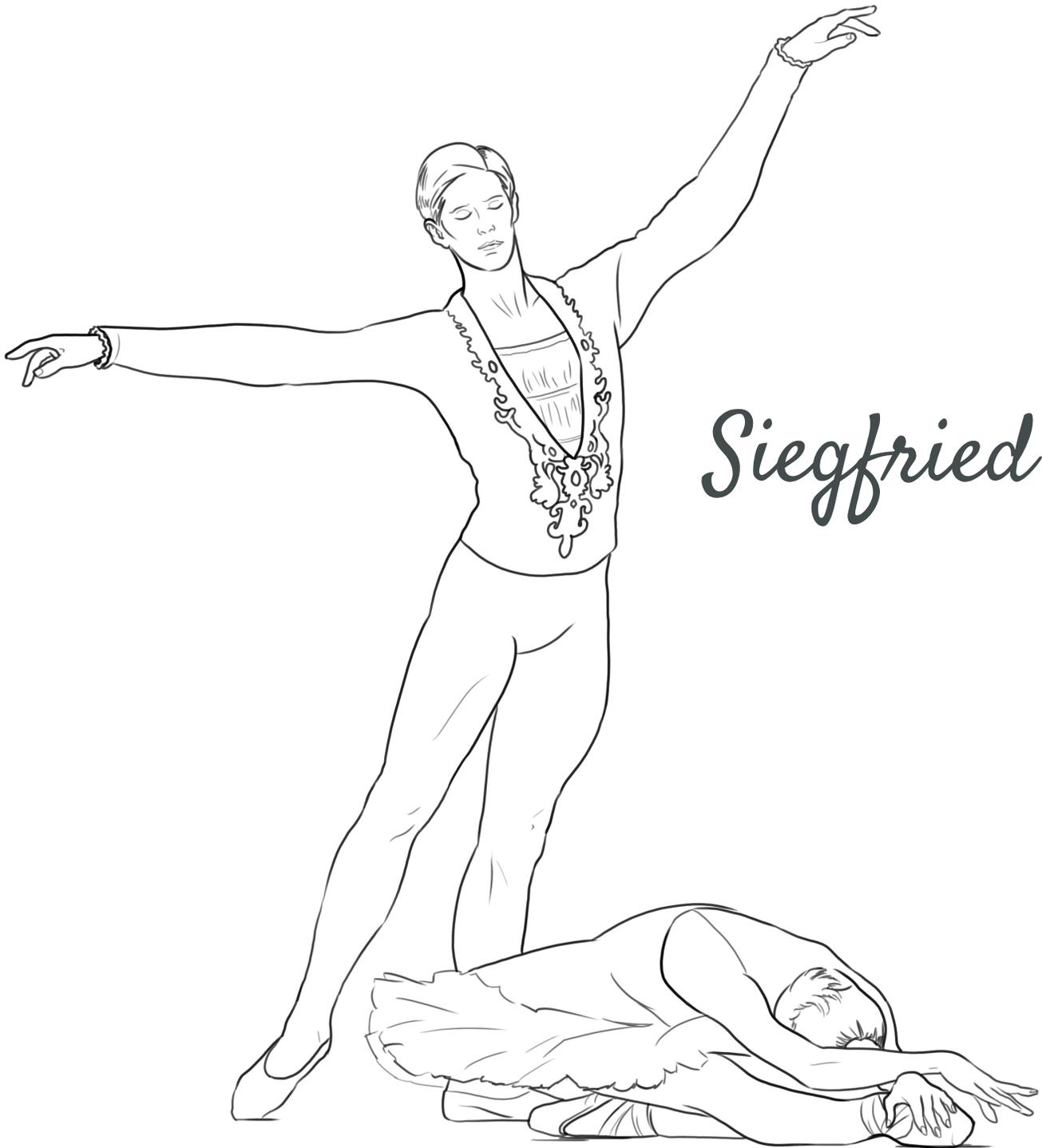
The Nutcracker

White Cat & Puss in Boots





Odette



Siegfried



I Practiced!

QUARTER _____

NAME _____

TEACHER _____

CLASS _____

ACTIVITY

INITIALS



TEACHER SIGNATURE _____



I Practiced!

QUARTER _____

NAME _____

TEACHER _____

CLASS _____

ACTIVITY

INITIALS



TEACHER SIGNATURE _____

CREATE YOUR OWN

tutu



IDEAS:

roses | sparkles | jewels | snowflakes | flowers | stars | ribbon



CERTIFICATE *of* PROMOTION

Student Name

has successfully Completed

Ballet Arts Level 1

and is hereby promoted to

Ballet Arts Level 2

Date

Teacher



CERTIFICATE *of* PROMOTION

Student Name

has successfully Completed

Ballet Arts Level 1

and is hereby promoted to

Ballet Arts Level 2

Date

Teacher

STUDENT PROGRESS

Ballet Arts Level 1

NAME _____

TEACHER _____

CLASS _____

		GOOD — With Help	VERY GOOD — Alone or With Class	EXCELLENT — Musical & Expressive
SELF AWARENESS & BALANCE	POINT TOGETHER			
	HEEL TOGETHER			
	DOWN AND UP			
SPACIAL AWARENESS & COORDINATION	MARCHING			
	WALK, RUN (TEMPO)			
	CRAWLING			
EXPRESSION & USE OF SPECIFIC MUSCLES	ARM & HAND MIME			
	DANCING TOES, HEELS			
	CURLING, STRETCHING			
BALLET TECHNIQUE	POSITIONS FOR THE FEET			
	DEMI PLIÉS			
	FAST JUMPS			
	HOPS ON ONE LEG			
DANCE STEPS	ROCKING			
	DANCE SEQUENCE			
PERFORMING	GALLOPING			
	CREATIVE SEQUENCE			
	CURTSEY			

ASSESSMENT



Name



Name



Name



Name





Name _____



Name _____



Name _____



Name _____

