

# Dance Class Curriculum

Class: ***Baby Ballet***

Ages 2.5-3.5

Arabesque
Changing speed when traveling
Control of gross motor skills
Crawling
Following directions
Gallops
Hopping
Jumps
Musicality
Plié
Relevé walk
Rhythm
Skips
Slides
Spins
Stretches
Taking turns

# Dance Class Curriculum

Class: *Hip Hop Tots*

Ages 3-5

Attitude poses
Battement kicks
Chaîné turns
Chasses
Cross touch
Gravevine
Hip hop squats
Jazz square
Kick ball change
Lunges
Pivot turn
Push your socks down
Raise the roof
Rake
Run leap
Ski
Snake
Step cross
Step touch

# Dance Class Curriculum

Class: ***Storytime Ballet***

Ages 3-5

Arabesque
Basic 5 positions understanding
Bourrée turns
Bourrée walks
Chassés
Curtsey
Demi and grand plié
Echappés
Flex
Grand battements
Grand jeté
Passé
Point
Port de bras
Relevé
Rond de jamb a terre
Sautés
Tendus en croix

# Dance Class Curriculum

Class: *Ballet & Tap I*

Ages 3-4

**Ballet:**

Arabesque
Basic 5 positions understanding
Battements
Bourrée turns
Bourrée
Chassés
Curtsey
Demi and grand plié
Flex
Passé
Point
Port de bras
Relevé
Sauté in 1st and 2nd positions
Tendus

**Tap:**

Ball change
Brushes
Heel digs
Heel toe steps
Hops
Jumps
Marches
Shuffle
Shuffle step
Stamp
Toe digs

# Dance Class Curriculum

Class: ***Ballet & Tap II***

Ages 4-5

**Ballet:**

Basic 5 positions understanding
Battements
Bourrée
Bourrée turns
Changements
Chassés
Coupé
Passé
Plié 1st-3rd
Relevé 1st-5th
Rond de jamb a terre
Tendus en croix

**Tap:**

Ball change
Heel drops
Irish
Shuffle ball change
Stamp
Sugar
Toe heel steps

# Dance Class Curriculum

Class: *Ballet & Tap III*

Ages 5-6

**Ballet:**

Basic 5 positions
Chainés
Changement
Echappés
Grand jeté
Grande battements devant
Piqué preps
Plié 1st-5th
Reverence
Pirouette prep- passé balance
Switching chassés
Tendus en croix

**Tap:**

Backward flaps
Cramp roll
Flap heel walks
Flaps
Paradiddle
Riff
Running flaps
Scuff
Sugar

# Dance Class Curriculum

Class: ***Jazz & Tumble***

Ages 3-5

Battements
Bear walk
Bridge
Cartwheel
Chaîné turns
Chassé
Crab walk
Forward roll
Frog hop
Grapevine
Hand stand
Isolations - head, shoulders, hips
Jazz square
Jazz walks
Kick ball change
Leaps
Log roll
Mermaid
Passé Parallel
Pivot turn
Relevé
Sassy walk
Snake crawl
Splits
Step touch
Straddle
Tendu star - Front, side, back
Tuck jump

# Dance Class Curriculum

Class: ***Mini Jazz Hip Hop***

Ages 5-6

Attitude poses
Battement kicks
Chaîné turns
Chasses
Cross touch
Gravevine
Hip hop squats
Jazz square
Kick ball change
Lunges
Pivot turn
Push your socks down
Raise the roof
Rake
Rolls/squats
Run leap
Sassy walk
Scarecrow
Ski
Snake
Splits
Step cross
Step touch

# Dance Class Curriculum

Class: ***Ballet I***

Ages 6-9

**Barre:**

Dégagé en croix from 1st
Demi and Grand plié
Passé balance
Relevé
Rond de Jambe en dehors and en dedans, a terré and en l'air
Sous-sus
Detourné
Grand Battement
Tendu en croix from 1st

**Center:**

Single pirouette en dehors
Arabesque a terre and en l'air
Basic 5 positions on their own
Echappé from 1 <sup>st</sup> to 2 <sup>nd</sup>
Sauté in first and second positions

**Across the floor:**

Ballet walks reaching toe ball heal
Bourrée
Chaîné
Grand Jeté
Piqué Passé
Sauté Arabesque

# Dance Class Curriculum

Class: ***Ballet II***

Ages 8-11

**Barre:**

Dégagé en croix from 5th
Grand Battement en croix from 5th
Sur le cou-de-pied/coupé
Tendu en croix from 5th

**Center:**

Adagio
Arabesque 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> cecchetti
Changement
Passé relevé
Single pirouette en dehors

**Across the floor:**

Balancé
Chassé
Chassé en avant and de coté
Chassé sauté in passé and arabesque
Glissade
Grande Jeté versus Saute de chat
Pas de bourrée
Piqué entournant
Saute de chat
Tombé

# Dance Class Curriculum

Class: *Ballet III*

Ages 10-13

**Barre:**

Circular/grand port de bras
Detourné
Pique a terre devant, a la seconde, and derriere
Pas de cheval
sur le cou-de-pied/Coupé
Temps lié
Developpé en criox
Fondu a terre and en l'air en croix
Frappé en croix

**Center:**

5 Arabesques
Assemblé
Bourrée en tournant
Echappé from 5 <sup>th</sup> to 2 <sup>nd</sup> changing
Entrechat quatre
Jeté
Petite Allegro
Promenade en l'air
Single pirouette en dehors from 4 <sup>th</sup>
Single pirouette en dehors from 5 <sup>th</sup>

**Across the floor:**

B+ position
Ballet runs reaching toes first
Chassé sauté in sur le cou-de-pied, passé, and arabesque
Emboité
Fouetté sauté
Pas de Chat
Piqué arabesque
Plié chaîné
Waltz
Grand Allegro

# Dance Class Curriculum

Class: *Elite Ballet I*

Ages 12-18 with recommendation

**Barre:**

Attitude balance
Battement en cloche
Fondu in relevé
Grand rond de jambe
Petite battement
Rond de jambe en l'air
Fouetté rond de jambe en tournant prep
<b>Center:</b>
Mind Body Connection
Basic body positions Cecchetti (8)
Echappé from 5 <sup>th</sup> to 4 <sup>th</sup> and 2 <sup>nd</sup>
Contretemps
Pas de bourrée en tournant en dehors
Promenade en l'air
Royal
Sauté in 1 <sup>st</sup> -5 <sup>th</sup>
Double pirouette en dehors from 4 <sup>th</sup>
Double pirouette en dehors from 5 <sup>th</sup>
Single pirouette en dedans from 4 <sup>th</sup>
Single pirouette en dedans from 5 <sup>th</sup>
Sissone
Soubresaut
Stage directions and terms

**Across the floor:**

Emboîte en tournant
Fouetté en relevé
Pas de basque
Pas de valse/waltz en tournant
Soutenu en tournant

# Dance Class Curriculum

Class: *Elite Ballet II*

Ages 12-18 with recommendation

**Barre:**

Balançoire
Frappé doubles
Frappé singles in relevé with pointed foot
Petit battement in relevé
Rond de jambe en l'air en dehors and en dedans singles and doubles

**Center:**

Assemblé battu
Echappé battu
Ballonné
Ballotté
Lame duck
Penché
Tendu en tournant
Fouetté rond de jambe en tournant
Tour en l'air

**Across the floor:**

Cabriole
Double Piqué en tournant
Piqué en tournant in attitude
Piqué en tournant in arabesque
Pirouette in arabesque
Pirouette in attitude
Sissone overte
Tour jeté

# Dance Class Curriculum

Class: *Elite Ballet III*

Ages 12-18 with recommendation

**Barre:**

Demi and double demi rond de jambe
Frappé doubles and in relevé with pointed foot
Rond de jambe en l'air in relevé
Serré

**Center:**

Grand pirouette a la second
Pas de bourrée en tournant en dedans
Triple pirouette from 4 <sup>th</sup>
Triple pirouette from 5 <sup>th</sup>
Double lame duck

**Across the floor:**

Brisé
Double Piqué en tournant in attitude
Double Piqué en tournant in arabesque
Double Pirouette in attitude
Double Pirouette in arabesque

# Dance Class Curriculum

Class: *Teen Ballet*

Ages 12-18

**Barre:**

Circular/grand port de bras
Detourné
Pique a terre devant, a la seconde, and derriere
Pas de cheval
Sur le cou-de-pied/Coupé
Temps lié
Developpé en criox
Fondu a terre and en l'air en croix
Frappé en croix
Petite battement
Attitude balance derriere
Battement en cloche

**Center:**

Stage directions
5 Arabesques
Assemblé
Bourrée en tournant
Echappé from 5 <sup>th</sup> to 2 <sup>nd</sup> changing
Entrechat quatre
Jeté
Sissone
Sauté 1st-5th
Promenade en l'air
Soutenu en tournant
Double pirouette en dehors from 4 <sup>th</sup>
Double pirouette en dehors from 5 <sup>th</sup>
Single pirouette en dedans from 4 <sup>th</sup>
Single pirouette en dedans from 5 <sup>th</sup>

**Across the floor:**

B+ position
Ballet runs reaching toes first
Chassé sauté in sur le cou-de-pied, passé, and arabesque
Emboîté
Fouetté sauté
Pas de Chat
Piqué arabesque
Plié chaîné
Waltz
Grand Allegro

# Dance Class Curriculum

Class: *Pointe Prep I*

Ages 11-18

Balancing exercises
Core strength
Leg Strengthening exercises
Port de bras
Relevé alignment - body and ankle
Sauté exercises, landing in plié with heels down
Tendu/ankle rolls
Thera Band Exercises
Mind body connection

# Dance Class Curriculum

Class: *Pointe Prep II*

**Ages 11-18**

Prances
Elevé in 1st-5th
Plié relevé in 1st-5th
Tendus to demi pointe
Jeté, sauté
Leg muscle control
Thera Band Exercises
Mind body connection

# Dance Class Curriculum

Class: *Pre Pointe*

Ages 11-18 with recommendation

Core control
Leg muscle control
Mind body connection
Relevé alignment - ankle
Relevé alignment - body
<b>Floor barre:</b>
Plié
Rotating from the hip- parallel to 1st and back
Tendu
<b>Thera Band exercises:</b>
"U" supinate to pronate
Bent knee flexed foot dropping ball of foot to floor/returning
Pointe and flex through demi pointe
Pointe pulses
Pronate (wing)
Supinate (sickle)

# Dance Class Curriculum

Class: *Pointe I*

Ages 13-18 with recommendation

**Barre:**

Prances
Over press in 1st-5th positions
Relevé and elevé in 1st-5th positions
Balance in 1st-5th positions
Balance in sous-sous
Balance in retiré
Detourné
Ballonné
Bourrée
Echappé in 2nd
Pas de bourrée
Piqué to retiré
Pirouette prep

**Center/ Across the floor:**

Bourrée
Chaîné
Piqué arabesque
Piqué pirouette
Pirouette prep/ Single pirouette

# Dance Class Curriculum

Class: *Pointe II*

Ages 13-18 with recommendation

**Barre:**

Relevés and élevés alignment
Fondu sur les pointes
Pointed frappé en pointe
Fouetté prep
Pirouette to balance en de hors
Battement en pointe

**Center:**

Ballonné
Echappé in 2nd & 4th
Pirouette single en dedans from 4th
Pirouette single en dehors from 4th
Pirouette single en dehors from 5th

**Across the Floor:**

Lame duck
Piqué attitude
Double piqué pirouette
Single pirouette arabesque
Single pirouette attitude
Soutenus

# Dance Class Curriculum

Class: ***Beginning Jazz***

**Ages 6-9**

Battment leg holds
Chaîné turn
Head Isolations
Ribcage isolations
Shoulder isolations
Hip isolations
Jazz square
Kick ball change
Leap
Pivot turn
Sassy walks
Single pirouette turns
Splits

# Dance Class Curriculum

Class: ***Jazz I***

**Ages 8-11**

Arch
Battment leg holds
Chaîné turn
Flat back
Hinge
Kick ball change
Leaps
Lunge
Paddle turn
Pivot turn
Sassy walks
Single pirouette turns
Splits

# Dance Class Curriculum

Class: *Jazz II*

Ages 10-12

Chasse pivot
Grapevine
Hitch kick
Jazz walk
Leg hold
Lindy
Pas de bourrée
Passé walks
Pike jump
Single pirouette turn
Stag leap
Straddle jump
Tuck jump

# Dance Class Curriculum

Class: ***Jazz III***

Ages 11-14

Single attitude turns (front)
Capezio
Chaîné turns relevé & plié
Chassés alternating
Double pirouette turns
Hinges on mats
Fan kick
Layout
Orbit turns
Single pencil turns
Tilt Jump
Single stag leaps
C-Jump

# Dance Class Curriculum

Class: ***Jazz IV***

**Ages 12-18 with recommendation**

Capezio to the floor
Double stag leaps
Knee drops
Illusion
Shoulder roll
Single tour
Triplet series
Barrel Turn
Double pencil turn
Turning pas de bourrée

# Dance Class Curriculum

Class: ***Jazz V***

**Ages 13-18 with recommendation**

Musicality
Double attitude turns (front)
Turning disc
Back leap
Center Leap
Triple pirouette turns
Orbit to the floor
Triple pencil turn
Fouetté turns

# Dance Class Curriculum

Class: ***Jazz VI***

**Ages 14-18 with recommendation**

Axel turns
Toe rise/roll up
Illusion to the floor
Quadruple pirouette turns
Firebird
Improv
Reverse leap
Surprise leaps
Pirouette à la second
Barrel jumps

# Dance Class Curriculum

Class: *Lyrical I*

Ages 8-11

1st-5th position
Arabesque
Battement
Battement Series
Body Rolls
Chaîné turns
Chasse
Drag walk
Facial Expressions
Flexibility
Kick Ball Change
Lunges
Pas de bourrée
Piqué
Piqué Turn
Plie-Demi and Grande
Right and Left Leap
Single Pirouette
Stag Leap
Storytelling
Struts
Tendu

# Dance Class Curriculum

Class: *Lyrical II*

Ages 10-12

Attitudes
Balance
C Jump
Center Leap
Facial Expressions
Fan Kick
Flexibility
Forced Arch
Heel Stretch
High & Low Chaîné Turns
Piqué Turns
Single Pirouette
Storytelling
Triplet

# Dance Class Curriculum

Class: *Lyrical III*

Ages 11-14

Attitude Turns
Calypso
Compass Turn
Double Pirouette
Double Stag Leap
Flexibility
Inverted Fan Kick
Pencil Turn
Rhythm
Tilt Battement
Tilt Jump
Turning Pas de bourrée
Waltz

# Dance Class Curriculum

Class: *Lyrical IV*

Ages 12-18 with recommendation

Axel
Balance
Barrel Turn
Battement Leg Hold
Double Pirouette
Firebird
Flexibility
Fouetté sauté
Illusions
Layout
Over Split
Shoulder Roll
Torso Control
Turning C Jump
Turning Disc

# Dance Class Curriculum

Class: *Lyrical V*

Ages 13-18 with recommendation

Battement Leg Hold Turn
Extensions
Flexibility
Fouetté turn
Knee Drops
Lame Duck
Musicality
Penché
Reverse Leap
Tour jeté
Triple Pirouette
Turns in 2nd

# Dance Class Curriculum

Class: *Lyrical VI*

Ages 14-18 with recommendation

Battement Turn
Double Piqué
Extensions
Flexibility
Fouetté Turns
Musicality
Scorpian
Switch leap
Triple Pirouette
Turns in 2nd

# Dance Class Curriculum

Class: *Contemporary*

Ages 10-18

Dance runs
Dance walks
Drags
Flatback
Leg Swings
Prances
Triplets
Contractions
Inversions
Isolations
Laterals
Falls to the floor
Passé tuck jump
Shoulder rolls
Split rolls
single pirouette en dehors
Saute de chat

# Dance Class Curriculum

Class: *Jazz Hip Hop I*

Ages 6-9

Attitude poses
Battement kicks
Chaîné turns
Chasses
Cross touch
Gravevine
Hip hop squats
Jazz square
Kick ball change
Lunges
Pas de bourrée
Pivot turn
Push your socks down
Rake
Rolls/squats
Run leap
Sassy walk
Scarecrow
Single pirouette turn
Ski
Step cross
Step touch
Tri-star

# Dance Class Curriculum

Class: ***Jazz Hip Hop II***

Ages 8-11

Battement kick series
Chasse ball change
Chasses step leap
Coffee grinder
Compass turn
Cross touch
cross-heel
Fan kicks
Pas de bourrée
Rack
Single pirouette turns
Sky
Sky jump
Socks & kicks
Stag leaps
Struts
Tuck jump

Arlington Heights Park District

# Dance Class Curriculum

Class: *Hip Hop I*

Ages 8-11

3 step
6 step
Barrel jump/turn
Body rolls
Contract/release
Fall and recover
Isolations (head, shoulders, hips, chest, arms)
Kick ball change
Leap (side and center)
Pirouette (inside/outside)
Pivot turns
Power steps
Side-step
Squats/lunges
Tilts
Up rock

Arlington Heights Park District

# Dance Class Curriculum

Class: *Hip Hop II*

Ages 12-18

Barrel jump/turn
Contract/release
Extensions
Fall and recover
Floor rocks
Freezes
Glides, floats
Isolations (head, shoulders, hips, chest, arms)
Leap (side, center, switch)
Leg holds
Pirouette (inside/outside)
Running man/shuffle
Straddle jump
Straight jump
Tilts
Tuck jump

# Dance Class Curriculum

Class: ***Boys Hip Hop***

Ages 6-18

Tri-star
Snake
Sky jump
Raise the roof
Push your socks down
Hip hop squats
Rock Step
Coffee grinder
Tuck jump
Lunges
Step touch
3 step turn
Grapevines
Free-style
Slide steps
Burpees
Kick ball change
Attitude Poses
Chasses
Ski

# Dance Class Curriculum

Class: *Tap I*

Ages 6-7

Back flaps
Ball change
Brushes
Cramp roll
Drawbacks
Flap ball change
Flap heel walk
Flaps
Heel dig
Heel drop
Hop
Irish
Jump
Maxi ford
Paraddidle
Riffs: 4-5 counts
Scuff
Shim sham
Shuffle
Shuffle ball change
Shuffle step
Single buffalo
Stamp
Step
Sugar
Tap walk
Toe dig
Toe heel step
Shim sham (part 1)
Flap heel back
Shuffle leap
Shirley Temple
Single timestep
Crossing shuffles

# Dance Class Curriculum

Class: *Tap II*

Ages 8-11

Cincinnati
Crossing drawback
Double buffalo
Double time cramp roll
Double time step
Fast paraddidles
Maxi ford turn
Pullback
Riffs: 5-6 counts
Running flaps
Shirley temples
Side essence
Single time step
Tap turn
Waltz clog
Triple buffalo
Triple timestep
Double pullback
Tap crawl (2 feet)
Scuffle
Riffle
Toe stands
Wings prep
Front Slides
Grab-offs
Shim sham (parts 1 & 2)
Alternating maxi fords

# Dance Class Curriculum

Class: *Tap III*

Ages 12-18

Back flaps
Ball change
Brushes
Cramp roll
Drawbacks
Flap ball change
Flap heel walk
Flaps
Heel dig
Heel drop
Hop
Irish
Jump
Maxi ford
Paraddidle
Riffs: 4-5 counts
Scuff
Shim sham
Shuffle
Shuffle ball change
Shuffle step
Shim sham (part 1)
Flap heel back
Shuffle leap
Shirley Temple
Single timestep
Crossing shuffles
Single buffalo
Stamp
Step
Sugar
Tap walk
Toe dig
Toe heel step

# Dance Class Curriculum

Class: *Acro I*

Ages 9-12

Backbend
Bridge into leg extension
Cartwheels
Hinges into rollup
Round offs
Running cartwheels one-handed
Running front walk overs/front handsprings
Sommersault into stand, then turn
Straddle rolls
Stunts
Toe touches
Walkovers

# Dance Class Curriculum

Class: *Acro II*

Ages 11-15

Aerials
Back handspring
Back walkover into turns
Backbend
Backbend Battement
Backbend into fish flop roll
Bridge into leg extension
Cartwheels
Chin roll
Chin stand
Fishflop
Front handspring
Hinges into rollup
One-handed cartwheel
One-handed round off
Partner cartwheels
Partner hand stand splits/ stunts
Roundoff
Shoulder roll
Sommersault into stand, then turn
Splits roll through
Stunts
Toe touches
Walkovers

# Dance Class Curriculum

Class: *Poms I*

Ages 5-8

Arms: hi V, low V, T
Arms: broken T, Table top, candle stick
Arms: touchdown, L, Cheerio, K, S
Chaîné turns
Chasses
Cheer sit
Counting/timing
Cross touch
Formations (canon, V, lines)
Grapevine
Jazz square
kick ball change
Kick line
Kicker runs
Pas de bourrée
Ponies
Push/Pivot turns
Single pirouette turns
Splits, half splits and Straddle
Step Touch
Tuck jump
Vocalization

# Dance Class Curriculum

Class: *Poms II*

Ages 8-12

Double pirouette turns
Fan Kicks
Floor work
Hitch kick
Jumps (herky, pike toe touch)
Leaps
Splits
Tilt Jump
Tilt Kick
Traveling kick Line

# Dance Class Curriculum

Class: *Flexibility, Jumps, Turns I*

Ages 9-18

**Flexibility:**

Bow and Arrow
Needle (straight leg)
Penché
Scorpion (bent leg)
Splits (right, left, and center)
Strong held developés (front, side, back)
Tilt

**Jumps:**

Tilt jump
Axels
Calypso
Grande Jetés
Saut De Chats
Hitch Kicks
Straddle Jump
Center Leap
Single Stag Leaps
Back Leap
C-Jump
Tuck Jumps

**Turns:**

Chainé (in relevé and in plié)
Barrel Turn
Fouetté rond de jambe en tournant (prep at the barre)
Grand pirouette a la second (prep at the barre)
Piqué turns
Compass Turn
Single Pencil Turn
Single Pirouette (parallel and turned out passé)

# Dance Class Curriculum

Class: *Flexibility, Jumps, Turns II*

Ages 11-18

**Flexibility:**

Bow and Arrow
Needle (straight leg)
Penché
Scorpion (bent leg)
Splits (right, left, and center)
Strong held développés (front, side, back)
Tilt

**Jumps:**

Tilt jump
Axels
Calypso
Grande Jetés
Saut De Chats
Hitch Kicks
Straddle Jump
Center Leap
Surprise Leap
Double Stag Leaps
Back Leap
C-Jump
Tuck Jumps

**Turns:**

Barrel Turn
Fouetté rond de jambe en tournant
Grand pirouette a la second
Piqué turns
Compass Turn
Double Pencil Turn
Double Pirouette (parallel and turned out passé)