



Updated Version 2026

Ballet Syllabus

This Ballet Syllabus is based upon the foundations of classical ballet technique. Our goal is to guide students in gaining strength, coordination, and stability, while building confidence and freedom of movement.

Syllabus Guidelines

- “Core” STEP elements (benchmark steps or needed to progress to the next level) are highlighted in blue

Pre-STEP Level Ballet

Pre-Ballet

- 1st and 2nd position
- Plié
- Relevé
- Tendu
- Passé
- Gallops
- Arabesque
- Marching
- Hopping
- Passé Walks
- Reverence/Curtsey
- Dancers should demonstrate the ability to follow directions and wait their turn

Youth Ballet

Use the following syllabus as a guide with a consideration for age/level, allowing creative expression while increasing the structure of class. Students should learn the basic foundations of ballet with an emphasis on:

- Floor stretches
- Skipping
- Chassé
- Run, run leap
- Spring points (intro to piqués)
- Rhythm based movement (e.g. combining sautés with clapping)
- Use of floor patterns (e.g. dancing in a circle, staggered lines)
- Use of props (e.g. scarves to strengthen port de bras)
- Dancing with partners
- Youth Ballet does not use 5th position of the feet

Barre/Center

- 1st, 2nd, and 3rd positions of the feet
- Demi-plié
- Relevé
- Cou-de-pied
- Retiré/Passé
- Battement Tendu (from 1st position)
- Battement Dégagé (from 1st position)
- Rond de jambe à terre en dehors

Port de bras

- Introduction to proper ballet hand shape
- Basic positions of the arms: en bas, 1st, 2nd, 3rd, 4th, 5th en au

Center

- Basic floor stretches
- Tendu
- Port de bras
- 1st Arabesque
- Ballet walks and runs
- Sautés in 1st and 2nd position
- Échappé
- Pas de chat

Ballet 1

Use the following syllabus in collaboration with the Youth class guidelines with a consideration for age/level, allowing creative expression while increasing the structure of class. Students should learn the basic foundations of ballet with an emphasis on:

Barre

- 1st - 4th (with optional 5th) positions of the feet
- Demi plié and grand plié
- Sous-sus
- Battement tendu
- Battement dégagé
- Frappé
- Fondu
- Cou-de-pied
- Passé and Retiré on relevé
- Rond de jambe à terre en dehors
- Grand battement

Center

- Basic floor stretches
- Ballet walks and runs
- Port de bras
- Bourrée
- Basic pas de bourrée
- 1st Arabesque
- Glissade (from 1st)
- Pas de chat
- Chaînés

Etiquette

- Dancers should demonstrate the ability to hold the barre correctly

Tween & Teen Ballet

Overall focus on introducing basic steps, proper alignment, and beginning foot articulation. Tween/Teen Ballet should utilize the barre and center steps listed above with the addition of:

Barre

- 1st - 5th positions of the arms and feet
- Battement piqué

- Rond de jambe à terre en dedans
- Retiré balance
- Arabesque

Port de bras

With increased understanding and strength students may begin to add full port de bras during barre combinations.

Center

- 1st arabesque
- Pirouette preparation
- Piqué turn preparation/piqué turns
- Soutenu turn
- Sauté arabesque, sauté passé
- Balancé
- Soubresaut
- Changement
- Glissade
- Assemblé
- Jeté
- Grand jeté
- Saut de chat

STEP Level Ballet

Ballet 2a

Emphasis on learning basic steps and positions, refining steps previously listed, and increasing use of épaulement and port de bras.

Barre

- Increase use of 5th position
- Tendu and dégagé en cloche
- Pas de cheval
- Sur le cou-de-pied position
- Temps lié
- Adagio (introduction to développés)

Center

Introduction to more advanced épaulement with body directions: croisé devant/derrière, en face, écarté, effacé, etc.

- Introduction to adagio
- Waltz step/turn (balancé en tournant)
- Introduce 2nd arabesque
- Tombé pas de bourrée preparation
- Single pirouette en dehors
- Pique arabesque balance
- Piqué turns
- Piqué pas de bourrée
- Pas de bourrée en tournant
- Emboîté
- Basic sissonne

Ballet 2b

Emphasis on refining elements of Ballet 2a, including more complex combinations of previously learned steps with a focus on:

Barre

- Increased musical dynamics and accents in footwork
- Introduce combinations alternating legs
- Introduce double frappé
- Petit battement
- Barre stretch
- Attitude balance
- Higher extensions

Center

- Progressing extensions to 90 degrees
- Promenade
- Double pirouettes en dehors
- Single pirouette en dedans
- More complicated petit allegro combinations
- Sissonnes fermé and ouverte
- Understanding of spacial awareness and body alignment

Ballet 3

Students in this level should exhibit a confident understanding of body positions, alignment, épaulement, and all previously listed steps as well as working on:

Barre

- Rond de jambe en l'air en dehors and en dedans
- Introduce relevé for combinations at barre (fondu, frappé, etc.)
- Enveloppé
- Penché
- Grand fouetté
- Fouetté turn preparation

Center

Introduction to reversing steps (e.g. tendus, pas de bourrée and jeté dessous/dessus)

- Arabesque positions (1st, 2nd, 3rd, 4th)
- Higher extensions
- Fouetté (piqué, sauté)
- Pas de basque
- Attitude turns
- Step-over turns
- Refining double/intro triple pirouettes en dehors
- Entrechat trois
- Entrechat quatre
- Tour jeté

Ballet 4

Students in this level should have a confident understanding of all techniques listed above.

Dancers should demonstrate clear coordination, and understanding of more complex musicality.

Barre

- Flic-flac
- Sustained balances on one leg

Center

Add combinations en manège

- Emphasis on musicality
- Syncopated tendus in center
- Développé in écarté devant and derrière
- Renversé
- Arabesque turns
- Introduce battu in petit allegro

- Brisé
- Saut de basque
- Cabriole
- Fouetté turns

Advanced Ballet

Students in this level work on mastering all previously listed syllabus steps and developing artistry as well as learning and refining the following:

Barre

- Double ronde de jamb en l'air
- Petit battement serré
- Grand battement en cloche

Center

Combinations emphasizing varied uses of proper body positions and facings

- Multiple pirouettes en dehors and en dedans
- Pirouettes landing in arabesque
- Multiple turns in attitude and arabesque
- Mazurka step
- Entrechat cinq
- Entrechat six
- Temps de cuisse
- Ballonné
- Ballotté
- Brisé volé
- Petit allegro with battu
- Fouetté turns

Pre-Pointe

Exercises should be used to strengthen and prepare a dancer for pointe work and should include an emphasis on the following:

- Proper foot warm-up
- Foot strengthening exercises (e.g. Theraband work, metatarsal articulation)
- Relevés
- Emphasis on proper foot alignment
- Maintaining proper ballet placement and technique

Barre and Center

- Pliés and relevés
- Battement tendu
- Battement dégagé
- Sous-sus
- Échappés (on demi-pointe)
- Bourrées
- Cou-de-pied (coupé) relevés
- Passé and retiré
- Pas de bourrée
- Ballonné (on demi-pointe)
- Piqué roll-through steps

Pointe

Students should exhibit a confident understanding of proper ballet placement and technique prior to enrolling in a pointe class. Beginning pointe exercises should be given facing towards the barre with both hands placed on the barre. As student's progress, combinations should transition to holding the barre with one hand, and then continue into the center.

Note: Tween/Teen syllabus above may be used as a guideline for level-appropriate steps to transfer to pointe work with a focus on the following:

- Previously listed Pre-Pointe exercises adapted for pointe work
- Alignment over the pointe shoe box
- Proper understanding of roll-up and roll-down in a pointe shoe
- Emphasis on foot articulation

Etiquette guidelines

Dancers should have a clear understanding of classroom etiquette - arriving in dress code (

Youth Ballet - should demonstrate the ability to follow directions and wait their turn

Ballet 1 - should demonstrate the ability to follow directions and wait their turn with the addition of proper use of the ballet barre.

Tween/Teen - should show up in appropriate dress code and show ability to pay attention to the teacher and follow instructions. Dancers should not lean on the barres or sit down in between combinations.

Students must ask the teacher permission to leave the classroom unless the teacher has instructed otherwise.

