

BALLET GRADE EXAMINATIONS

Read carefully the General Conditions and Information.

Dress –

Girls : No jewellery to be worn.

Hair to be dressed classically.

Preparatory & Primary : Leotard with flared skirt, ballet shoes with elastics or ribbons.

Grades I to V: Leotard and pink tights.

Unblocked ballet shoes with elastic or ribbons.

Candidates under 12 years may wear ballet socks.

Grade 1: optional skirt.

Boys – Tights or shorts and vest/leotard or all-in-one, white socks and ballet shoes with elastics.

In Grades II to IV candidates are required to perform an enchaînement set by the examiner, this may include any step or work from lower grades.

FREE MOVEMENT & CREATIVE IMPROVISATION

In all Grades movement should express the candidates own response to the music and should not be prearranged by the teacher. In Primary, the candidate will choose one character or theme to present in the examination.

In Grades I-V, the examiner will choose one piece from those provided on the official CD for that Grade. The candidates will hear the music all the way through and then move to it on the second time of playing.

Technical steps are not required, but movement should reflect changes of pitch, speed or mood with or without a theme.

PREPARATORY

Girls to hold skirt, boys hands on waist or appropriate use of arms with expression / mime at the teachers discretion throughout.

Exercises 1 & 2 to be performed in a circle

1. WALKING & RUNNING

Music: Track 2 (Class version)

4/4 Intro 2 bars + 32 bars

Track 3 (Exam version)

4/4 Intro 2 bars + 16 bars

Commence: Feet parallel

Intro: Wait, prepare arms2 bars

16 Walks on demi pointe... ..4 bars

Run on demi pointe... ..3 bars

Make a picture... ..1 bar

Repeat all... ..8 bars

2. PONY GALOPS

Music: Track 4 6/8 Intro 2 bars + 16 bars

Commence: Feet parallel

Intro: Wait, prepare arms2 bars

Clap a1a2a3a4a5a6a7a8... ..4 bars

8 Pony galops (Spring step travelling forward, feet lifted).....4 bars

Repeat all jumping feet together on the final note.....8 bars

3. PONY TROTS

Music: Track 5 2/4 Intro 4 bars + 32 bars

Commence: Feet parallel

Intro: Wait, prepare arms.....2 bars

4 preparatory pony trots

(Lift the foot fully arched releasing the knee

then close relaxing both knees).....8 bars

12 quick pony trots sur place.....6 bars

Jump feet together2 bars

Repeat all.....16 bars

4. POINTE & CLOSE

Music: Track 6 4/4 Intro 2 bars + 8 bars

Commence: Feet in 1st with natural turn out

Intro: Wait, prepare arms.....2 bars

Pointe right foot forward & close in demi

plié1 bar

Repeat 7 times on alternate feet

(8 times in total).....7 bars

5. DANCING ARMS

Music: Track 7 3/4 Intro 4 bars + 32 bars

Commence: Standing in natural 1st

Intro: Wait.....4 bars

Lift right arm to side & lower with slight

wave2 bars

Repeat left arm.....2 bars

Lift both arms to open 5th lowering with

slight wave.....2 bars

Raise both arms forward to high parallel

palms down lowering with slight wave.....2 bars

Repeat all8 bars

*Run lifting right arm.....1 bar

Pause lowering to natural 1st, lowering arm

with soft wave.....1 bar

Repeat with left arm2 bars

Spin on toes lifting both arms to

open 5th1 bar

Pause lowering to natural 1st, lowering arms

with soft wave.....1 bar

Rise raising both arms forward to high parallel

palms down lowering2 bars

with slight wave.*

Repeat *-*.....8 bars

Boys use beckoning action with palm up on

first 4 bars

6. LITTLE JUMPS & BIG JUMPS

Music: Track 8 6/8 Intro 2 bars + 16 bars

Commence: Feet in 1st

Intro: Demi plié2 bars

8 small jumps.....4 bars

4 big jumps

(Landing on the down beat).....4 bars

Repeat all.....8 bars

7. SKIPS

Music: Track 9 6/8 Intro 2 bars + 16 bars

Parallel skips in a circle or patterned by the

teacher, danced solo or with a partner

Optional ending.....16 bars

8. SWAYS & GALOPS

To be danced on the diagonal, facing partner holding both hands

Music: Track 10 2/4 Intro 4 bars + 32 bars

Commence: LDB in degagé to 2nd to RDF

Intro: Wait.....2 bars

4 sways commencing downstage.....4 bars

7 galops sideways & pause with upstage foot

ready to recommence.....4 bars

Repeat commencing left.....8 bars

Repeat all (4 times in total).....16 bars

9. DANCE WITH THEME Candidates dance together

Teacher's arrangement with steps from the syllabus to one of the set music pieces:

(A) Track 11 2/4 Intro 2 bars + 28 bars

(B) Track 12 6/8 Intro 2 bars + 28 bars

10. CURTSEY OR BOW

Music: Track 13 3/4 4 bars

Step to right side & curtsey or bow2 bars

Step to left side and close.....2 bars

PRIMARY

Turn out should be encouraged but not forced at this level. Arms: unless otherwise stated...

girls – hold skirt, boys – hands on waist.

1. BALLETIC WARM UP A - To be danced in a circle

Music: Track 15 6/8 Intro 2 bars + 16 bars

Commence: First Position

Intro: Wait.....2 bars

4 skips2 bars

2 Galops R & L2 bars

Repeat twice more (3 times through).....8 bars

Run to place facing examiner to end feet in

1st position4 bars

2. BALLETIC WARM UP - B

Music: Track 16

3/4 Intro 2 bars + 16 6/8 + 16 bars

Commence: Feet in parallel 1st position

Girls holding skirt, boys arms relaxed at the

side of the body

Intro: Wait.....2 bars

Sway R with outward circle with L arm, head

looking under arm1 bar

Repeat opposite1 bar

Repeat all.....2 bar

*With feet parallel, 1 1/2 outward circles of

arms ending 5th2 bars

*Reverse 1 1/2 circles of arms ending in demi

2nd.....2 bars

*To be danced with a relaxed bounce in the

knees

Repeat all8 bars

Time signature change. Place hands on waist on

introductory chord.

4 knee bounces feet parallel2 bars

Open toes to 1st position stretching the legs

(snap) & hold.....2 bars

4 knee bounces in 1st.....2 bars

Close feet parallel stretching the legs (snap) &

hold.....2 bars

Repeat all.....8 bars

3. TRANSFERENCE OF WEIGHT

Music: Track 17 6/8 Intro 2 bars + 16 bars

Commence: Feet in 1st

Intro: Wait.....2 bars

Pointe & close right foot to 2nd with floor

pressure1 bar

Repeat with right foot1 bar

Pointe to 2nd with right foot with floor

pressure & demi plié in 2nd1 bar

Transfer weight to pointe left foot in 2nd &

close in 1st.....1 bar

Repeat commencing left.....4 bars

3 demi pliés in 1st position.....3 bars

Rise & lower.....1 bar

Repeat demi pliés & rise4 bars

4. STEP & POINTE WITH BALANCE

Music: Track 18 6/8 Intro 2 bars + 16 bars

Commence: Feet in 1st

Intro: Degagé Right Foot to 2nd.....2 bars

Step to side right, close in 1st, step to side right

& pass working leg through 1st to pointe

devant en fondu.....4 bars

Straighten supporting leg (working leg raised

showing balance) & lower to fondu.....2 bars

Repeat commencing left.....4 bars

Repeat all8 bars

5. PREPARATION FOR PORTS DE BRAS

Teachers choice of a) or b)

A) 3/4

Music: Track 19 3/4 Intro 2 bars + 20 bars

Commence: Feet in 1st arms bras bas

Intro: Wait.....2 bars

Lift arms to 1st & lower to bras bas2 bars

Lift arms to 1st & open to 2nd2 bars

Carry arms through bras bas to 5th2 bars

Lower arms through 2nd to bras bas.....2 bars

Repeat all8 bars

Teachers choice of ending4 bars

B) 4/4

Music: Track 20 4/4 Intro 2 bars + 10 bars

Commence: Feet in 1st arms bras bas

Intro: Wait.....2 bars

Lift arms to 1st & lower to bras bas.....1 bar

Lift arms through 1st to 2nd position.....1 bar

Carry arms through bras bas to 5th.....1 bar

Lower arms through 2nd to bras bas.....1 bar