

DECATUR PARK DISTRICT LEVEL I (Ages 6 – 9) SYLLABUS

BALLET

Recommended references:
Technical Manual and Dictionary
of Ballet by Gail Grant.

Students should be able to
demonstrate their understanding
of the material through oral and
demonstrative adjudications.

Objectives for this level include
correct placement, understanding
and performance of the following:

Positions of the feet
Positions of the arms (French)

Barre includes:

Demi Plie
Battement Tendu
Battement Jete Pique
Degage
Releve
Retire
Grand Battement

Center includes:

Stretching
Port de bras
Battement Tendu
Pas De bourree
First Arabasque
Saute
Chasse
Temps Leve Grand Jete
Polka
Beginning Prep for turn
Chasse
Stretching

JAZZ

Recommended references: Luigi
and CNADM Jazz Dance Syllabus
by Tom Ralabate.

Students should be able to
demonstrate their understanding
of the material through oral and
demonstrative adjudications.

Objectives for this level include
correct placement, understanding
and performance of the following:

Kimbo
Chasse
Grapevine
Jazz Square (non traveling)
Step hop
Spotting
Dig
Tap
Touch
Ball Change
Kick Ball Change
What is Parallel 1st, 2nd and 4th
Jazz Runs
Step together step dig (etc)
Levels
Isolation of head
Isolation of Shoulders

TAP

Recommended references:
TAPWORKS by Beverly Fletcher
and AL GILBERT Level II.

Students should be able to
demonstrate their understanding
of the material through oral and
demonstrative adjudications.

Objectives for this level include
correct placement, understanding
and performance of the following:

Al Gilbert Level II
Toe Drop
Toe Tap
Toe Tip
Toe Dig
Heel Drop
Heel Dig
Step
Stamp
Stomp
Brush Forward
BrushBackward/spank
Shuffle
Flap
Ball Change
Shuffle Ball Change
Flap Ball Change
Hop
Leap
Jump