

Grade 1 Ballet - Technique and Imagery

	Imagery	Technical Focus Autumn	Technical Focus Spring
Warm Up	<i>Arms through water</i> for port de bras <i>Floor as hot as lava</i> for foot articulation <i>Banana peel</i> for roll down	Articulation of working foot using demi pointe and placement of foot by the ankle. Roll down through spine to crouched position	<i>Continue technical reinforcement from the Autumn Term.</i> Rise to demi pointe Runs on demi pointe Ending
Legs and arms	<i>Spreading sticky jam on toast</i>	Balance and use of core stability Use of foot on the floor and articulation on flex and stretch Hold of turn out on the supporting leg on degage devant.	<i>Continue technical reinforcement from the Autumn Term.</i> Use of head and arms Ending
Port de bras	<i>Bird getting ready to fly</i>	Placement of bras bas, 1st and 2nd position of the arms. Use of arms from the back. Extension from 2nd to bras bas, not breaking line of the wrist or flapping Use of head with the arms Use of the feet on the floor	<i>Continue technical reinforcement from the Autumn Term.</i> Hold of turn out on the supporting leg on degage devant. Hold of demi pointe on rise and feet, ankles and legs together Technique of curtsy

		on classical walk and use of turnout.	Ending
Demi plies	<i>Going down and up in a lift</i>	Hold of turnout of legs whilst maintaining placement of the pelvis. Using full extent of demi plie without lifting heels. Smooth action of the plie Size of 2nd position (heels underneath shoulders) Articulation through the feet on degage and transfer of weight	<i>Continue technical reinforcement from the Autumn Term.</i> Maintain stretch of legs, turn out and balance on the rise Use of arms to demi bras and bras bas Ending
Transfer of weight	<i>Rainbows</i>	Lilt from side to side instead of jump Close of front foot into 3rd position and maintaining turnout Use of fondus and demi plies	<i>Continue technical reinforcement from the Autumn Term.</i> Use of ribbon to fill the space Use of head and eye line to follow the ribbon Ending
Sautes	<i>Bouncing on a trampoline</i> <i>Jumping to face numbers on a clock</i>	Stretch of legs and feet in the air and keep legs together in parallel Land in 1st position on sautes Slow stretch of legs after jumps in parallel and in 1st position	<i>Continue technical reinforcement from the Autumn Term</i> Use of demi plie and landing with correct technique of straight back, correct pelvis placement and hold of turnout Use of head to spot on jumps Ending
Gallops	<i>Toast popping out of toaster - up instead of along</i>	Technique of gallops en avant - use of elevation, legs together in air and strong body Technique of gallops de cote - use of elevation, legs in 1st position in air	<i>Continue technical reinforcement from the Autumn Term</i> Ending

		and strong body	
Step hop and parallel assemble		Step hop focusing on elevation Run towards corner and stop to prepare the downstage leg "Swish" of assemble whilst turning and landing to face the other corner Landing in a strong demi plie	<i>Continue technical reinforcement from the Autumn Term</i> Stretch of the underneath leg - up instead of along, and stretch of the lifted foot Correct use of arms at the correct height on step hop Use of head on landing <i>Ending</i>
Dance B	<i>Tell the story of the dance</i>	Technique of spring points Lilting action of transfer of weight instead of jump Technique of gallops decote and skips with lifted foot placed touching the supporting knee Technique of springs en avant	<i>Continue technical reinforcement from the Autumn Term</i>