

Grade 1 Scheme of Work

Overview		
<i>Autumn</i>	<i>Spring</i>	<i>Summer</i>
Grade 1 Syllabus and free work Prepare for end of term watching lesson	Grade 1 Syllabus and free work Prepare for end of term watching lesson	Grade 1 Syllabus and free work Prepare for class award
		Grade 2 work Prepare for end of term watching lesson
Watching Lesson	Watching Lesson	Class Award Watching Lesson

Grade 1 Scheme of Work

Autumn	
Every Class	Warm Up Grade 1 Warm Up Legs and Arms Free work - Turns, Jumps, Improvisations Dance Stretching Cool Down and Reverence
1 and 2	Port de bras Gallops
3 and 4	Demi plies Sautes
5 and 6	Transfer of weight Step hop and parallel assemble
7 and 8	Port de bras Gallops
9 and 10	Demi plies Sautes
11	Transfer of weight Step hop and parallel assemble
12	Watching lesson - All content or highlights
13	Christmas lesson

Grade 1 Scheme of Work

Spring	
Every Class	Warm Up Grade 1 Warm Up Legs and Arms Free work - Turns, Jumps, Improvisations Dance Stretching Cool Down and Reverence
1 and 2	Port de bras Gallops
3 and 4	Demi plies Sautes
5 and 6	Transfer of weight Step hop and parallel assemble
7 and 8	Port de bras Gallops
9	Demi plies Sautes
10	Transfer of weight Step hop and parallel assemble
11	Watching lesson - All content or highlights

Grade 1 Scheme of Work

Summer	
Every Class	Warm Up Grade 1 Warm Up Legs and Arms Free work - Turns, Jumps, Improvisations Dance Stretching Cool Down and Reverence
1 and 2	Port de bras Gallops
3 and 4	Demi plies Sautes
5 and 6	Transfer of weight Step hop and parallel assemble
7 - 11	Grade 2 content or free work
12	Watching lesson - All content or highlights