

Primary Ballet Overview

Notes from Specification which relate to this level

- Exam can be taken from 6 years of age
- Class Award is for 1 - 8 candidates. Pupils receive a report, certificate and medal.
- Class award is 15 - 30 mins depending on candidates
- A selection of 7 of the 9 exercises can be shown
- Uniform:
 - Girls - Leotard, skirt, socks and shoes
 - Boys - T-shirt, shorts, socks and shoes.

Learning outcomes and assessment criteria

- Develop confidence and enjoyment in dance through participation and performance.
- Articulate and isolate different parts of the body with clarity.
- Demonstrate awareness and correct placement of basic ballet positions of the arms, feet, and body.
- Move with spatial awareness, using personal and general space confidently.
- Show developing control, coordination, and balance in movement.
- Demonstrate elevation through simple allegro steps with soft, controlled landings.
Use appropriate movement qualities and dynamics (e.g. sustained, sharp, light, strong).
Respond to the elements of music, including tempo, rhythm, phrasing, and mood.
- Perform with expression and a developing sense of performance.
- Recall and perform a sequence of simple steps to communicate a story or theme.
- Confidently remember and perform syllabus settings with musical and physical accuracy.

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Class Award Content and Format

Primary in Dance Class Award content & format

Content	1-4 candidates	5-8 candidates
Warm-up	all together	
Legs and feet		
Arms and head		
Bend and run OR Bend and point		
Transfer of weight	one group	two groups
Marches	all together	
<u>Two</u> of the following exercises: Jumps Springs and Hops Jumps and springs	one group	two groups
Galops and skips OR Run and leap one diagonal – teacher/candidate's choice	one group one at a time continuously	two groups two at a time continuously
Dance A OR Dance B <i>Only <u>ONE</u> of these dances should be performed</i>	one group	two groups
Cool-down	all together	

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Assessment

Pre-Primary in Dance and Primary in Dance

Section	Key features	Definition
Technique	Stability	Demonstrating control and co-ordination
Music	Timing/dynamics	Showing correct timing and appropriate reaction to the style of the music
Performance	Expression	Maintaining appropriate expression through face and body
Imaginative movement sequence/dance	Confidence/creativity	Expressing a story through movement with confidence and creativity

Props

Primary in Dance Class - Award and Examination

Exercise	Props
Marches	Hand held pom poms or flags
Dressing-up dance	A small trunk, suitcase or box with a hinged lid (containing costume item) one per candidate. Any suitable items of costume that can be easily worn and taken off, e.g. hat, crown, scarf, cloak, belt (<i>avoid masks as the candidate's face should be seen at all times</i>)

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What do we want pupils to achieve at this level?

- To be inspired by dance and build confidence in their own abilities.
- To experience joy and playfulness in learning through movement, music, and games.
- To form friendships and develop social skills through shared class experiences.
- To explore the freedom and creativity of expressive movement, beyond set exercises.
- To perform syllabus content with developing technique, musicality, and expression.
- To improve coordination, strength, flexibility, and physical awareness.
- To explore and enjoy non-syllabus movement and dance styles, supporting broader development.
- To begin to embody assessment criteria such as coordination, musical responsiveness, expressive quality, and performance confidence.
- To develop focus, independence, and class etiquette.
- To express individuality and creativity with confidence.
- To work respectfully with others in group and partner settings.

Movements/Steps appropriate for this level not included in the syllabus

- Correct posture
- How to hold skirt, place hands on waist
- Demi plies
- Leg stretches from 1st position
- Rises
- Balances
- Runs on demi pointe
- Skips
- Gallops de cote
- Springs (spring points and spring runs)
- Free Turns
- Stretches
- Improvisation

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Overview		
<i>Autumn</i>	<i>Spring</i>	<i>Summer</i>
Primary Syllabus and free work Learn Dressing Up Dance	Primary Syllabus and free work Focus on one dance	Primary Syllabus and free work Focus on one dance
Primary Syllabus and free work Learn Bouncing Ball Dance		Primary Syllabus, Grade 1 Syllabus and free work
Watching Lesson	Watching Lesson	Class Award Watching Lesson