

Goals and Objectives

All Levels

Inspire Excitement and Curiosity

Positivity- This is a No Can't-ing Zone

Technically Correct/Strong Foundation-

Don't let bad habits become habits

Instill Discipline and Focus

Encourage Artistry and Creativity

Ensure Historical Knowledge

Support Emotional and Cognitive Growth

Provide Performance Opportunities

AGE APPROPRIATE

Equal attention for all students. Everyone should feel equally valued

Preschool Objectives

Concepts:

Place

Size

Level

Directions

Pathways

Speed/Duration

Energy

Weight

Body Parts

Body Shapes

Relationship

Focus

Dynamics

Brain Dance

Breath

Tactile

Core-Distal

Head-Tail

Upper/Lower Body

Body Side

Cross Lateral

Vestibular (off balance/dizzy)

Dance Games

Freeze Dance

Simon Says

Relay Race

Statues

Around the World

Obstacle Course

Improv

Follow the Leader

Musical Hoops

Animal Movements

Choreography challenges

Telephone

Goals/Objectives Level I and Young Dancers

Respect for each other, teacher and space

Encouragement to always put their best foot forward

Repetition, Repetition, Repetition

Ladder concept-waiting your turn

Body Awareness- how parts can move

Alignment of the feet/knees/hips and spine/neck/shoulders

Positions of the Feet and Arms- 1st, 2nd, 5th and Parallel 1st and 2nd

Rotation of/from the Hips

1-10 in French

Spatial Patterns as they relate to moving across the floor- circle, zig zag, diagonal, figure 8

Ankle strength and clear goals in relever

Improvisation/creativity

Dynamics- Sharp/Smooth/Connected qualities

Tempi- Allegro, Adagio, Moderato

Musicality- Rhythms and Emotional and

Physical Relationship to the Music

Imagery and Props

Partnering and moving together

Relationships to each other- Lead, Follow, Share. Support

Directional Knowledge- En Avant, En Erriere, De Cote

Learning and remembering choreography

Practice time- what does it take at home?

Exploration of movement without specific structure- ex: lets explore rolling- how many different ways can you roll?

Sing/Chant and Dance

Concept of Half/Whole

Many different kinds of music

Order Feet Leave and Return to the Floor

Spotting

Tap concepts- name the sounds (brush, toes, toe, dig, heel, scuff) Use both feet

Specific Terminology Level I

Ballet

Plier
Relever
Sauter
Glisser
Tourner
E'lancer
Tendu

Un, Deux, Trois, Quatre, Cinq, Six,
Sept, Huit, Neuf, Dix

Premiere
Seconde
Cinquieme
Arabesque
A Terre
Balancé (sway)
Bourree
Chaine
Changement
Chasse
De Cote
Demi
Derriere
Devant
Echappe
En Dedans
En Dehors
Grande
Marche
Passe
Petit
Polka
Port de Bras
Retire
Reverance
Rond de Jambe
Soubresaunt
Sous-Sus
Tombe
Waltz

Tap

Brush
Dig
Heel
Toe
Scuff
Step
Flap
Shuffle
Ball Change
Cramprol
Paradiddle
Hop
Jump
Chug
Sugar
Turns-Step Heel, Step B.C.
Quarter Notes
Eighth Notes
Rests (in music)

Acro Dance

Butterfly stretch
Articulated Cobra
Square Hips/Pre-Split
Straddle Stretch
Frog Jumps
Animal crawls
Hops (down the matt)
Tuck Jumps
Plank
Superman
Table Top
V Sit
L Handstand at the wall
Pike, Tuck positions
Temps Lie to tendu second (ending position)
Log Rolls
Rock and Roll
Fwd Pike Roll
L Handstand center
Cartwheels
Wheel Barrels

Level II Objectives in addition to Level I

Focus- Eyeballs, Spirit/Soul

Focus on task at hand

Use of Energy

Linking More complicated steps

Body strength

Further Alignment- Rib cage and pelvis

Know your structure- (bow leg, hyperextension)

Direction Change

Dancing in Groups/Solo/Partnering

Using full body at the same time

Working in 3 levels of space

Movement Qualities- Sharp/Angular,

Soft/Connected, Ballon, Glisser,

Breath Support

Use and Development of Dance Games

Learn Stage Directions

Degrees 45, 90 and 180

Even and Odd Rule

Supination/Pronation

More ways to move upside down

Improvisation

Tap concepts- use the available foot- what has weight/no weight, 3x and a break

“When is it my turn?” Ex: Come in every 8

Level II Terminology

Ballet

Troisieme
Quatrieme
Adagio
Allegro
Assemble
Attitude
Battement
Coupe
Croise
Degage
Detourner
Develope
Efface
Elever
En Croix
Entre chat
Fondu
Frappe
Grand Jete
Jete
Pas de Basque
Pas de bourree
Pas de Chat
Pique
Pirouette
Promenade
Royale
Saut de Chat
Soutenu
Temps Lie
Temps Leve

Tap

Single
Double
Triple
Quadruple
Back Flap
Bell
Bombershay

Buffalo
Cincinnati
Essence (Single)
Irish
Maxiford
Pull Back on 2 feet
Scuffle
Stamp
Stomp
Trench (Falling off the log)
Paddle Turns

In Line Turns-Step Heel Heel, Flap Heel,
Flap B.C., Flap Heel Heel
Time Steps- Waltz Clog Time Step and if
they master it, Stomp Buck singles and/or
doubles
Time Signatures 2/4 $\frac{3}{4}$ 4/4

Modern/Jazz (In addition to Ballet Terms that
apply)

Contract
Flatback
Forced Arch
Forward T
Grapevine
Hinge
Isolation
Jazz Square
Jazz Walk
Lateral
Leap
Lindy
Lunge
Mambo
Overcurve
Pivot Turn
Release
Roll
Salsa Basic
Shimmee
Single Foot Arch Spring (Prance)
"Sits Bones"
Spiral

Swing
Three Step Turn
Torso Circle
Triplet
Tuck Jump
Undercurve
V-Sit

Acro Dance

Bridges- at wall, walking down the wall,
centered, waving, retiré
Teddy Bear Stand
Kneeling Half Bridge
Rock and roll from standing (candle)
Walking table top/flipping table top
Straddle Rolls
Pre-back roll
Handstand in line wall and center
Double Leg Hold (Straddle sit)
*Everything R and L

Level III Goals/Objectives

Initiation of Movement

Strong Pirouettes

Direction of Movement (En Dehors and En Dedans)

Introduce Under and Over (Batterie)

Turning Movements from Wall to Wall

Use of Space

Gravity/Momentum

Opposing Forces

Performing steps with technical accuracy

Finishing one thing before moving onto the next

Performing full/longer phrases of movement

AGE APPROPRIATE MATERIAL AND

CONCEPTS

Strength Building- core, arms, feet, back, ankles, ankles, ankles

Flexibility Legs and Backs

Head/Arm Relationship to the barre

Details

Clear beginning, middle and end

Terminology

Level III Terminology

Ballet

Battement Developpe
Battu
Cabriole
Cloche
Dessous
Dessus
Detire
Ecarte
Enveloppe
Entre Chat Quatre
Entre Chat Trois
Faille
Fermee
Fouette
Grand Rond de Jambe
Ouverte
Pas de Chaval
Pas de valse
Petit Battement
Pique Turn
PBR en tournant
Saus de Basque
Sissonne
Sur le Coup di Pied
Tour Jete

Tap

Drawback
Essence (double)
Over the Top
Pick Up
Pullbacks
Riff
Riff Walk (5 Ct)
Shim Sham
Spots
Traveling Time Step
Wings
All steps in in-line turns

Modern/Jazz

Barrel
Body Half
Catch Step
Falls
Fan Kick
Lateral T
Pencil Turn
Primitive Squat
Six Step Prep and Variations
Slides
Snake
Stag
Strike
Worm
X Jump

Acro Dance

Headstand tuck
Down to Bridge
Bridge with weight transfer
Bridge with developpe
Bridge kick over with stack
Bridge with kick and jump
Bridge walk
Inside out bridge
Backward roll
Cartwheel from one knee
Straight Handstand
**Everything R and L

Level IV Goals/Objectives

Understanding why concepts are important-making the connection

Anatomy

Quick Study

Increase Spatial Awareness

Reverse Phrases

Add Battu to all Petit Allegro steps

Demonstrate Musicality in Phrasing

Increase Body Strength and Stamina

Increase Flexibility

Feeding the “tweenager” More emotional concepts that relate to their development and still including enough “fun” stuff or “fluffy” stuff to bring them out of the heavy
Allow them to choreograph and improvise on a regular basis

Individualized Material- Problem Solving

Ask them to show the What/Why/How

Deeper Relationship to the Music

Freedom to Explore- SUPPORT EVERY ATTEMPT no matter how it ends up looking.

Yes, and...

Healthy choices- proper snacks, hydration

Knowing our changing bodies (finding pads/tampons at studio etc)

Level IV Terminology

Ballet

Balancoire
Ballonne
Ballotte
Battu
Brise
Contretemps
Emboite
En l'air
Entre chat Cinq
Entre chat Six
Flic Flac
Petit Retire
Pour La Batterie
Renverse
Rond de jambe en l' air
Sissonne Tombe
Temps de ciseaux
Temps de Fleche

Tap

Grab Off
Hop Clog
Nerve Tap
Pendulum
Rhythm Turns
Riff Walk (6,7,9,12)
Shiggy Bop
Shoe Shine
Slurp
Sugar Bop
Treadmill
Wing Progressions-Click, Crossing
Double, Echo, Five Count, Pendulum,
Russian, Scissor, Single, Swapping

Modern/Jazz

Axle Turn
Compass Turn
Flat Back Back Bend
Frug
Hip Walk

Kneeling Stag

Lay Out

Piata

Straddle Leap

Switch Leap

Acro Dance

Upper Body Lifts

Handstand at wall- shoulder shrugs, hold for
set time

Headstand variations-stag, straddle

Bridge and Recover

Bridge Kickover

Bridge prances

Bridge to forearm

Handstand to roll (fwd, chest)

Limber

Diving forward roll

One hand cartwheels

Chasse step hop entrance

Chest stand

Forearm stand

Arabian Handstand (staddle)

Donkey kicks

Walk over

*Everything R and L

Level V/VI Goals/Objectives

Corrections, corrections, corrections
Don't just talk about the concepts, make them do it over and over
Watch individuals- call out success and make them show it

Arabian limber

Valdez

Illusions

One hand walkover

Opposite hand walkover

Level V Terminology

Ballonne Compose

Brise Voile

Gargouillade

Jete Entrelace

Retombe

Temps de poisson

Tap

Riff Clog Time Step

Variations on center turns

Acro Dance 5

Partnering stunts

Walking Handstand in different positions

Rocking Bridges

Bridge to chest roll

Fish Flop

Arabian Handstand (pike)

Flying Cartwheel

V Snaps

Chest Stands with positions

One arm shoulder stand

Tick Tock

Moon walkover

Acro Dance 6

Back Arabian Limber

Aerial

Back Roll Extension

Straddle Press

Variations of Forearm stands

Chest roll to bridge

Elements of Contemporary

Soft Plie

Parallel and Turned Out

Cross Lateral

Horizontal

Spiral

Direction Change

Transferring from High to Low levels quickly
and efficiently

Arm Integration

Expressive Back

Supple Spine

Weight Shift

Balance

Control

Inhibition

Extension

Flexibility

Range of Motion

Use of Feet

Feeling Space with all extremities

Research Assignment

When and Where did this person live and die?

What genre of dance was this person known for?

Do they have a dance company named after them?

Do they have a technique named after them?

Were they/are they known for performance, choreography, or both?

From what you have read, what kind of person were they? How do you know? Give examples.

What other artists did they inspire and or teach?

What makes them important to you?