

DUKE ELLINGTON SCHOOL OF THE ARTS  
DANCE DEPARTMENT  
Course Syllabus  
**“BALLET I”**  
Arts Block  
Instructor - Katherine Smith

**COURSE DESCRIPTION**

Ballet Technique I is devised for the entry level students in the ninth (9th) and/or tenth (10<sup>th</sup>) grade and is a one full year /one carnegie unit credit towards graduation. The focus of this course is to introduce students to the fundamental technical applications and terminology of classical ballet. Each class session will use the traditional format of barre exercise and center floor practice. The syllabus content for technical development is based on Agrippina Vaganova Russian Technique. Daily participation in all physical class work is required including; reading and writing assignments/examinations; physical assignments, projects, and examinations; some choreographic/principles/process; attendance of selected performances and master classes/workshops; and open discussions of self expressed observations and opinions, ideas and concepts on dance as an art form. Through this approach, students will begin to actively apply a conscious knowledge of dance as it relates to humanity, tradition and social, philosophical and emotional perspectives.

**NATIONAL STANDARDS FOR ARTS EDUCATION IN DANCE**

**CONTENT STANDARD #1** - Identifying And Demonstrating Movement/Dance Elements And Skills In Performing Dance.

**ACHIEVEMENT STANDARD:**

- a. accurately demonstrate nonlocomotor/axial movements (such as bend, twist, stretch and swing).
- b. accurately demonstrate eight basic locomotor movements (such as walk, run, hop jump, leap, gallop, slide & skip); traveling forward, backward, sideward, diagonally, & turning.
- c. create shapes low, middle, & high.
- d. demonstrate the ability to define and maintain personal space.
- e. demonstrate movements in straight & curved paths.
- f. demonstrate accuracy in moving to a musical beat & responding to changes in tempo.
- g. demonstrate kinesthetic awareness, concentration, & focus in performing movement skills.
- h. attentively observe & accurately describe the action & movement element in a brief movement study.

**CONTENT STANDARD #2** - Understanding Choreographic Principles, Processes and Structures.

**ACHIEVEMENT STANDARD:**

- a. create a sequence with a beginning, middle and end, both with & without a rhythmic accompaniment; identifying each of these parts of the sequence.
- b. improvise, create & perform dances based on their own ideas & concepts from other sources.
- e. demonstrate the ability to work effectively alone & with a partner.
- f. demonstrate the following partner skills: copying, leading & following, mirroring.

**CONTENT STANDARD #3** - Understanding Dance As A Way To Create And Communicate Meaning.

**ACHIEVEMENT STANDARD:**

- b. take an active role in a class discussion about interpretations of and reactions to a dance.
  - c. present their own dances to peers and discuss their meanings with competence and confidence.
- \*\* analyze through movement the physical/emotional/social dimensions of characters in a dramatic text.

**CONTENT STANDARD #4** - Applying And Demonstrating Critical And Creative Thinking Skills In Dance.

**ACHIEVEMENT STANDARD:**

- a.. explore, discover, and realize solutions to a given movement problem; choose their favorite solution and discuss the reasons for that choice.
- b. observe two dances and discuss how they are similar and different in terms of one of the elements of (such as space) by observing body shapes, levels and pathways.

**CONTENT STANDARD # 6** - Making Connections Between Dance And Healthful Living.

**ACHIEVEMENT STANDARD:**

- a. identifying at least three personal goals to improve themselves as dancers.
- b. explain how healthy practices (such as nutrition, safety) enhance their ability to dance, citing multiple examples.

**CONTENT STANDARD #7** - Making Connections Between Dance And Other Disciplines

**ACHIEVEMENT STANDARD:**

- a. create a dance project that reveals understanding of a concept or idea from another discipline (such as patterns in science).
- b. respond to a dance using another art form; explain the connections between the dance and their response to it (such as stating how paintings reflect the dance they saw or choreographed).

**TEXTS** - This class does not have textbook requirements. Handouts from the following texts will be distributed from the following. It is suggested that each student in the Dance Department Program begin to build his/her own personal library w/references specific to the content area.

Basic Principles of Classical Ballet  
Agrippina Vagonava

Ballet Technique  
Nikolai Tarasov

Classical Ballet Technique  
Gretchen Warren Ward

Technical Manual & Dictionary  
Gail Grant

Black Dance from 1619 to Today  
Lynne Fauley Emery (2<sup>nd</sup> edition)

Black Tradition In American Dance  
Richard A. Long

History of the Dance  
Richard Kraus, Sarah Chapman (2<sup>nd</sup> Edition)

**COURSE REQUIREMENTS/GRADING RUBRIC**

**GRADING SCORE**

**DAILY APPLICATIONS**

**60%**

15 points each

**A. Grooming/Uniform**

1) See Uniform & Grooming Policy in Ellington's Dance Handbook

**B. Attendance/Tardiness**

1) Completely uniformed & groomed for a class by roll call  
2) Participation in all classes, Master classes/Workshops/Seminars  
Performances, Rehearsals & Auditions

**C. Conduct/Behavior/Etiquette**

1) Appropriate Conduct & Behavior as it relates to the students'  
understanding consequences of their personal cause & effect actions/reactions  
2) Understanding & demonstrating traditional etiquettes of dance.  
3) Positive approach & attitude

**D. Technical Development**

1) Demonstrate the Ability to execute movement sequence from beginning  
to end w/consistent improvement/development in technical growth.  
2) Application & retention of verbal & technical corrections.  
3) Demonstrates initiative to independently enhance the value of information  
received.

**\*\*Non Attendance Or Non Participation Results in (0 points) For That Day\*\***  
**Excused Absences, Early Dismissals, Late Arrival to Class Must First Be Officially Cleared  
& Documented By Ellington's Office Of Administration Before Department's Acceptance**

**LITERACY PLAN** - All Written Assignments Are To Be Typed And Submitted On The Requested Due Date. Late Assignments Will Be Penalized By A Grade Drop From The Grade Actually Received. Assignments More Than One Day Late Will Not Be Accepted Resulting In A Grade Of “F”.

**RUBRIC REQUIREMENTS**

(a) Applies wide range of strategies to comprehend, interpret, & evaluate texts, knowledge of word meanings. (b) Employs a wide range of strategies to write using conventions style, vocabulary and/or different writing process to effectively and appropriately communicate. (c) Apply knowledge of language/sentence structure, figurative language, & conventions (spelling & punctuation). (d) Demonstrates ability to use a variety of technological & information resources to create & communicate knowledge. (e) Demonstrates reflective, creative & critical thinking skills.

Research  
Essays  
Journals  
Critiques

**GRADING SCORE**

**15%**

**Written Exams Are Solely Based On The Students’ Knowledge Of The Unit of Technique Studied (History & Terminology)**

**PHYSICAL EXAMS** - Physical Exams Are Based On The Information Received During Studio Time.

Adherence To The Examination Date Is Imperative. Make-Up Physical Examinations Is At The Discretion of

The Instructor.

**RUBRIC**

**(a) Movement Execution**

Clarity in body alignment, technique, transitions, coordination, & articulation

**(b) Movement Comprehension**

Understands terminology, applies movement concept to individual body, level changes, directional changes, & spatial use.

**(c) Movement Sequence**

Designed order of movement demonstrated from beginning to end.

**(d) Movement Musicality**

Movement to proper counts, movement dynamics, movement fluidity, rhythm & tempo changes.

**(e) Movement Presentation**

Use of Individual Style, movement quality, energy, facial expression & engage the audience.

**GRADING SCORE**

**25%**

*Additional Rubrics May Be Used For Other Projects and/or Physical Presentations., To Be Verbally Informed, Written & Dated/Posted On Bulletin Wall*

*Scheduled Dates of Classes, Assignments, Exams, Course Content, Etc... Are Subject to Change at the Discretion of the Instructor and/or in the Event of Extenuating Circumstances (School Closings, Unscheduled School Activities, Etc...)*

## **ELLINGTON'S DANCE DEPARTMENT UNIFORM & GROOMING POLICY**

**GIRLS** - Black Tank Leotard/Flesh Tone Convertible Tights, Flesh Tone Ballet Shoes.

**BOYS** - White Tank T-shirt, Black Convertible Tights, White Leather Ballet Shoes, White Crew Socks, Black Dance Belt and Leather Waist Belt.

**Hairstyle for Girls:** Hair pulled back neatly, away from face in a secure bun w/hairnet.  
(except short bush hair cut)

**Hairstyle for Boys:** Neatly close-cropped hair.

### **Hairstyles Unacceptable for Girls & Boys:**

**NO** braids, twists, extensions, locs, bantu knots, corn rows, mohawks, sculpted hair, ponytail, hair color, dyes, hennas head wraps and/or scarves. Hair weaves must be able to pull into bun near the crown of the head. Any hair style different from standard grooming policy is not acceptable.

### **Girls & Boys :Jewelry & Body Adornments:**

**Absolutely NO-** rings, nose rings, lip rings and body adornments, watches, bracelets, necklaces and double or more earrings. Only small studs are permitted for girls (**one in each ear**)

**NO** nail or toe polish (nails must be no longer than fingertips)

**NO** make-up permitted

**Visible Tattoos** must be covered with make-up daily.

*(Refer to 2010-2011 Dance Handbook)*

## **ELECTRONIC DEVICE(S) DECORUM**

**ALL Electronic Devices (including cell phones, &iPods) Should be Turned Off and Secured in Students' Lockers Before and During Class.**

*(Refer to 2010-2011 Dance Handbook)*

## **GRADING SCALE**

At the secondary, level, sixth (6<sup>th</sup>) grade through twelfth (12<sup>th</sup>) grade, marks/grades of A through F shall be assigned by the teacher to indicate the degree of achievement by the student of the content standards in each course. Results of the end of course exam will count for no more than 20% of the final grade.

*(Refer to 2010-2011 Ellington Handbook)*

### **Marks/Grades Shall Be As Follows:**

**A = 93-100**

**A- = 90-92**

**B+ = 87-89**

**B = 83-86**

**B- = 80-82**

**C+ = 77-79**

**C = 73-76**

**C- = 70-72**

**D+ = 67-69**

**D = 64-66**

**F = 63 and below**

**I = Incomplete (too little work submitted)** Students have until 2 weeks after issuance of report cards to submit assignments and make-up individual physical assignments/exams (physical group projects excluded) Failure to complete work required within the above stated time frame will result in the Incomplete grade converting to an "F" (Failure).

**M = Medical** Once an injury has been verified by a physician and the student is deemed unable to participate for a minimum of two weeks and not more than one advisory, a letter grade of "C" or below will be administered for that period. If the injury is longer than one advisory, the student's tenure at Ellington must be revisited by parent, principal, student and dance faculty.  
*(Refer to 2010-2011 Dance Handbook)*

**\*\*The Medical Excuse Guidelines Shared in the Ellington Community Handbook Relates to Academic Courses/Classes Only, Not Physical Intense Arts Classes Such as Dance.**  
*(Refer to 2010-2011 Dance Handbook)*

**Ellington's Attendance/Absence & Physician Policies Must be Adhered; Documented & Verified.**  
*(Refer to 2010-2011 Ellington & Dance Handbook )*

## **ATTENDANCE**

Students and parents/care givers are held accountable for reporting all absences within 48 hours of the student's return. All letters must be submitted to the dean of Students or his designee for verification/approval and submitted to course instructor. Students with chronic unexcused attendance, may result in awarding a letter grade of "F." For each class to which a student is tardy three (3) times, that student will accrue one unexcused absence. Five (5) or more unexcused absences per advisory for any class may result in the student receiving a grade of "FA" (failure due to absence) in that subject.

Excessive absences, even for legitimate reasons will have an adverse effect on the work presented and therefore on the grade earned.

Students who are absent for performances, field trips, and extracurricular activities are held accountable and responsible to secure and complete all written assignments, written quizzes, and written tests according to guidelines of Attendance Policies and Procedures established in the Ellington Handbook and at the discretion of the respective teacher. There are no make-ups group physical projects or other physical lesson plans missed. Make-up for individual exams will be at the discretion of the instructor upon validity and verification of absence.

Late written assignments will only be accepted one day after due date resulting in the grade being lowered 10 points from grading score actually received on work submitted.

**TECHNICAL OBJECTIVES** - Through consistent classroom participation the student will begin to demonstrate technical growth and clear body objectives through combinations that will begin the process of:

1. strength in the feet, legs and back
2. increased range of movement in the hip
3. attained balance and control
4. awareness of working with rotated legs and feet
5. acquired speed in footwork and lightness in the legs
6. improved musical phrasing/accurate musical phrasing
7. the use of epaulement at the barre in center floor practice
8. effective demonstration of aplomb in the supporting leg while performing exercises flat,  $\frac{3}{4}$  demi- pointe and full pointe
9. the concept of en avant an arriere
10. double turns in passé en dehors and en dedans

## **COURSE CONTENT**

## **BALLET TECHNIQUE I**

### **Basic Concepts**

Correct stance of the body  
Positions of the feet  
The use of the feet  
Trajectory of the leg, opening & closing from first & fifth positions  
Weight Distribution  
Positions of the head  
Epaulement  
Position of the arms  
positions  
The concept of en dehors & en dedans  
Head action when turning  
Introduction to the nine directions of the body  
Port de bra of the arms  
State directions  
Running & walking in the classical style of ballet

### **Exercise at the Barre**

Demi and grand plie  
position  
Battement tendu  
Battement tendu jete  
Rond de jambe par terre  
Movements to combine with rond de jambe par terre exercises at the barre  
Passe and retire  
Develope en croix  
Releve lent  
Grand battement

### **Turns at the Barre**

Turns on two feet  
Turns on one foot

### **Allegro**

Temps leve in 1<sup>st</sup>, 2<sup>nd</sup> , and 5<sup>th</sup>  
Changement de pied  
Echappe sauté a la second  
Petit assemble (to the side)  
Sissone simple  
Double assemble  
Sissonne ferme  
Pas de chat  
Emboite  
Petit and grand echappe to 4<sup>th</sup>

**ADVISORY I - AUGUST 23, 2010 - OCTOBER 28, 2010**

**PHYSICAL REQUIREMENTS:**

**Intro. To Vaganova (ballet) Technique**  
**Ballet Barre Sequences (selected from course content)**  
**Center Floor Sequences/Combinations (selected from course content)**

**Physical Exam I - Ballet Barre Sequences** **Wed. Sept. 15, 2010**  
**Physical Exam II – Ballet Barre Sequences** **Wed. Oct. 13, 2010**

**WRITTEN REQUIREMENTS:**

**Vaganova (ballet) Vocabulary #1**  
**Research Ballet Artist #1**

**Written Exam - Vaganova (ballet) Terminology #1** **Mon. Sept 13, 2010**  
**Written Exam - Vaganova (ballet) Terminology #2** **Mon. Oct. 15, 2010**  
**Research on Ballet Artist #1** **Mon. Sept. 27, 2010**

***Instructor/Student Evaluation*** ***Mon. Sept. 24, 2010***  
***Instructor/Student Evaluation*** ***Wed. Oct. 25, 2010***

***Scheduled Dates of Classes, Assignments, Exams, Etc... Are Subject to Change at the Discretion of the Instructor and/or in the Event of Extenuating Circumstances, (School Closings, Unscheduled School Activities, Etc...)***

**ADVISORY II - NOVEMBER 1, 2010 - JANUARY 21, 2011**

**PHYSICAL REQUIREMENTS:**

Ballet Barre Sequences Continued (selected from course content)  
Ballet Center Floor Continued (selected from course content)

Physical Exam III – Ballet Barre Sequences Continued                      Wed. Nov. 17, 2010  
Physical Exam IV - Center Floor Sequences/Combinations                      Wed. Jan. 12, 2011

**WRITTEN REQUIREMENTS:**

Vaganova (ballet) Terminology # 3 & #4  
Research Ballet Artist #2

Written Exam - Vaganova (ballet) Terminology #3                      Wed. Dec. 8, 2010  
Written Exam - Vaganova (ballet) Terminology #4                      Mon. Jan. 10, 2011  
Research on Ballet Artist #2                      Fri. Jan. 7, 2011

*Instructor/Student Evaluation*                      *Tues. Nov.30, 2010*  
*Instructor/Student Evaluation*                      *Wed. Jan.20, 2011*

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**ADVISORY III - JANUARY 24, 2011 - MARCH 25, 2011**

**PHYSICAL REQUIREMENTS:**

Vaganova (ballet) Barre Continued  
Ballet Center Floor Continued  
Ballet Choreography for Spring Concert (*subject to change*)

Physical Exam V – Ballet Barre/Center Sequences	Wed. Feb. 16, 2011
Physical Exam VI - Ballet Barre/Center Sequences	Wed. Mar. 16, 2011

**WRITTEN REQUIREMENTS:**

Vaganova (ballet) Vocabulary  
Research Ballet Artist

Written Exam - Vaganova (ballet) Terminology #5	Mon. Feb 14, 2011
Written Exam - Vaganova (ballet) Terminology #6	Mon. Mar. 14, 2011
Research on Ballet Artist	Wed. Mar. 2, 2011

<i>Instructor/Student Evaluation</i>	<i>Wed. Feb. 23, 2011</i>
<i>Instructor/Student Evaluation</i>	<i>Wed. Mar. 23, 2011</i>

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**ADVISORY IV - MARCH 28, 2011 - JUNE 17, 2011**

**PHYSICAL REQUIREMENTS:**

Vaganova (ballet) Barre/Center Floor Continued  
Spring Concert Choreography  
Review All Ballet/Physical Studies

Physical Exam VII - Spring Concert - Tues. May 17 – Sun. May 22, 2011

Final Physical Exam - Wed. June 1, 2011 (*subject to change*)

**WRITTEN REQUIREMENTS:**

Vaganova (ballet) Terminology #7  
Research on Ballet Artist #4  
Review All Vaganova (ballet) Terminology

Written Vaganova (ballet) Terminology #7 Wed. Apr. 13, 2011  
Research on Ballet Artist #4 Mon. Apr. 27, 2011

Final Written Exam - Mon. June 6, 2011 (*subject to change*)

*Instructor/Student Evaluation*  
*Instructor/Student Evaluation*

*Wed. May 4, 2011*  
*Mon. June 6, 2011*

*Scheduled Dates of Classes, Assignments, Exams, Etc... Are Subject to Change at the Discretion of the Instructor and/or in the Event of Extenuating Circumstances, (School Closings, Unscheduled School Activities, Etc...)*