

PSB BALLET PROGRAM

The PSB Ballet Curriculum was forged through decades of teaching ballet to thousands of students. Our teachers have trained various ballet disciplines around the world (Cecchetti, Vaganova, Balanchine, etc.) and, over the years, have brought the best of that training to PSB. Our program amalgamates the best of these disciplines delivering a training that is unique and stimulating. Students learn co-ordination, poise, confidence, rhythmical sense and musicality – all within a program that is alive and fun.

The PSB Ballet Curriculum consists of:

- Syllabus Ballet classes
- Pointe
- Floor Barre
- Body Conditioning
- Boys Ballet
- Corps de Ballet/Ensembles
- Teen Ballet

SYLLABUS CLASSES

From Grade 2 Ballet through to Advanced 2 ballet, our syllabus classes incorporate the timeless principles of Cecchetti Ballet – grace, balance and line to form a sound training syllabus. Students also have the opportunity to participate in exams prior to progressing to the next level. While ballet promotes the values of discipline, poise and confidence – we also ensure that classes are enticing and fun.

Approximate ages for each level:

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|-----------|-------|----------------|-------|
| ◦ Grade 2 | 9-10 | ◦ Grade 6 | 13-14 |
| ◦ Grade 3 | 10-11 | ◦ Intermediate | 14-15 |
| ◦ Grade 4 | 11-12 | ◦ Advanced 1 | 15-16 |
| ◦ Grade 5 | 12-13 | ◦ Advanced 2 | 16-17 |

POINTE

Students begin Pointe classes in Grade 4 with Pre-Pointe work. Pre-Pointe uses exercises to strengthen and train the muscles that are used specifically in Pointe work.

Students progress onto Junior Pointe and Senior Pointe classes on an individual basis when their teacher deems their body is ready. This is dependent upon many factors including growth, strength, flexibility and postural control.

By the time the dancers reach Intermediate Ballet, they will need to demonstrate Pointe work in their ballet exams along with developing the necessary technique to progress to the challenging Advanced classes.

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|-----------------------|----------------------------------|
| ◦ Pre-Pointe | Grades 4 and 5 Ballet |
| ◦ Junior Pointe | Grade 6 Ballet |
| ◦ Intermediate Pointe | Grade 6 and Intermediate Ballet |
| ◦ Senior Pointe | Intermediate and Advanced Ballet |

FLOOR BARRE

Based on the technique developed by Russian dancer Boris Kniaeff, Floor Barre is used as an addition to ballet training to strengthen and tone the muscles, encouraging correct alignment and efficiency of the muscles to improve movement execution and dance technique. At PSB, Floor Barre was further developed by Dame Lucette Aldous who travelled to Russia to train to deliver this technique.

- Beginner Floor Barre Grades 4 – 5 Ballet
- Floor Barre Grade 6 Ballet and above

BOYS CLASS

Boys Class is designed for boys to focus on areas of their ballet training which differ from their female class mates. For example: general presentation, head and arm placement and height of jumps often differs greatly to the girls. Boys are welcome to attend this class from Grade 2 onwards.

There are also many steps within the male repertoire which only they are required to know and perform. These steps require much precision and strength. Boys Class allow for time to learn, understand and interpret such steps.

CORPS DE BALLET / ENSEMBLES

A professional dancer spends a great deal of time in the company's Corps de Ballet. Success in a corps requires the ability to dance in unison, be part of a bigger picture, know when to shine and when not to. Students are invited to participate in our Ensemble classes whenever they are on offer to develop these and other techniques.

Our end of year concerts and various competitions throughout the year will give students the opportunity to participate in ensemble pieces on stage.

TEEN BALLET

This class is ideal for students who are starting ballet at a later stage and therefore have missed some of the foundation work taught at the primary level. This foundation is critical to the steps they are now attempting. Learning the foundation work will greatly help these students as they progress through their grade syllabus.

Teen Ballet is not a "Grade" syllabus – rather the classes are set by the teacher and can therefore be tailored to the specific needs of students attending. The class follows the traditional ballet class format with barre exercises to warm up, stretch and strengthen the body, leading into centre exercises incorporating port de bras, adage, pirouettes and allegro.

JUNIOR OPEN BALLET

This class is open to all our Grade 4-6 ballet students. The class takes an 'open' format, where work is set by the teacher and allows for more individual goals to be met. Students work through a typical ballet class format starting at the barre before progressing into centre work. Every few weeks a new focus is set, such as pirouettes, allegro (jumps), artistry & stage presence. Teachers then use class to further develop the technique and skills required for that particular focus. Junior Open Ballet is an excellent supplementary class to go alongside the graded Cecchetti ballet classes.

BODY CONDITIONING

This high intensity class is designed to get the heart pumping, muscles working and flexibility improving. Recommended for students in Grade 3 and above. We encourage all our registered PSB students to join in and also welcome students who aren't necessarily dancers but want a fun way to stay fit and active. Along with cardio work this class will develop muscle strength and tone and work on flexibility – a perfect accompaniment to any dance schedule or as a stand alone class.