



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
- PBT – Progressing Ballet Technique
- 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 |



PROGRESSING BALLET TECHNIQUE - PBT

Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focussing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using ballet-technique specific exercises to train skill acquisition in a graded and progressive manner from junior through to advanced levels. PBT helps teachers around the world prepare their students to receive the strength they need to achieve their personal best.

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.