

A-ARTS BALLET SYLLABUS Information



Age and Rules

<u>Syllabi Grade</u>	<u>Age Recommendation</u>	<u>Candidates</u>
Tiny Tots 1	3 – 5 years	6 candidates
Tiny Tots 2	4 – 5 years	6 candidates
Pre-Elementary	5 – 7 years	4 candidates
Elementary	6 – 8 years	4 candidates
Grade 1	8 – 9 years	4 candidates
Grade 2	8 – 10 years	2 candidates
Grade 3	9 – 11 years	2 candidates
Grade 4	10 – 12 years	2 candidates
Grade 5	11 – 12 years	2 candidates
Grade 6	12 – 13 years	2 candidates
Intermediate Foundation	13 years and up	2 candidates
Intermediate		2 candidates
Advanced 1		2 candidates
Advanced 2		2 candidates
Professional Performance		1 candidate
Pointes Level 1	10 years and up	2 candidates
Pointes Level 2		2 candidates
Pointes Level 3		2 candidates
Pointes Level 4		2 candidates
Pointes Level 5		2 candidates

A third candidate may be entered if there are an odd number of students. Please note that only one group of three may be entered.

Qualified Teachers

<u>Head of Ballet</u>	Michellè Terblanche
<u>Examiners</u>	Michellè Terblanche; Sherilee Claassens

A-ARTS BALLET SYLLABUS Information



What to know before entering your students for the exams.

Examination Attire

Pre-Grades Girls	Pre-Grades Boys
<p><i>Tiny Tots 1 – Elementary:</i> Bright coloured broad strap leotard with matching full flair skirt. The length of the skirt should be halfway between the hip and the knee. All candidates in the group must dress alike.</p> <p>Dancers must wear clean, properly fitted canvas ballet shoes with elastics securely sewn in place. Only pink ballet tights are permitted, and no socks are allowed. However, dancers of colour may choose to wear flesh-toned or brown tights, provided the shoes and elastics match the colour of the tights.</p> <p>Hair must be styled neatly in a single bun, with the top of the bun aligned with the top of the head. Small, matching ribbons or flowers may be added, but large decorations should be avoided. Dancers may also use French plaits to enhance the hairstyle. Hair must be completely out of the face.</p>	<p><i>Pre-Grades:</i> Black boxer briefs, white leotard or T shirt, short white socks and black canvas pumps.</p>
Grade Girls	Grades Boys
<p><i>Grades 1 – 6:</i> Pastel coloured leotards with spaghetti straps. A pair or trio dancing together must be dressed the same colour. NO skirts or short pants allowed.</p> <p>Dancers must wear clean, properly fitted canvas ballet shoes with elastics securely sewn in place. Only pink ballet tights are permitted, and no socks are allowed. However, dancers of colour may choose to</p>	<p><i>Grades:</i> Black/navy blue leggings with male dance support, white sleeveless top. $\frac{3}{4}$ white socks, black canvas pumps.</p>

A-ARTS BALLET SYLLABUS

Information



wear flesh-toned or brown tights, provided the shoes and elastics match the colour of the tights.

Hair must be styled neatly in a single bun, with the top of the bun aligned with the top of the head. Small, matching ribbons or flowers may be added, but large decorations should be avoided. Dancers may also use French plaits to enhance the hairstyle. Hair must be completely out of the face.

General Guidelines:

Jewellery is not permitted, except for Medic-Alert items. Religious bracelets that cannot be removed must be covered, and all tattoos must be concealed. For Demi-character dances, small hand props may be used, but only if the student can manage them independently. If items such as hats, cloaks, or skirts are used as props, students must be able to put them on easily within the examination room. Teachers are not allowed to enter the examination room to assist with props, and students may not leave the room to change or retrieve them.

Majors Girls

Major Examination and Pointes Examination:
All major students are required to wear black leotards for examinations, except for Professional Performance students, who may select a colour of their choice. It is important to choose a style that complements the dancer's body.

Shoes and Tights:

- Canvas split-sole pumps with matching elastics.
- Pointe shoes and Delco shoes must have ribbons.
- Pink ballet tights are required.
- Dancers of colour may opt for flesh-toned or brown tights, but the shoes, elastics, and pointe shoe ribbons must match the tights.
- Delco (soft pointe) shoes are optional starting from the Intermediate level.

Majors Boys

Major Examination:
Black/navy-blue, ankle-length leggings with male dance support.

Short sleeve, sleeveless or $\frac{3}{4}$ sleeve white top. White socks and white canvas pumps.

A-ARTS BALLET SYLLABUS

Information



Hair must be styled neatly in a single bun, with the top of the bun aligned with the top of the head. Small, matching ribbons or flowers may be added, but large decorations should be avoided. Dancers may also use French plaits to enhance the hairstyle. Hair must be completely out of the face.

Professional Performance and Pointes Level 5:

A Basque tutu is compulsory for pointe work. If the first section is performed in a leotard only, a skirt may be worn. The skirt can be made of diaphanous fabric, the same fabric as the leotard, or lace.

When selecting a leotard style, colour, and skirt design or fabric, it is essential to consider the dancer's physique.

Shoes and Tights:

- Canvas split-sole pumps with matching elastics.
- Pointe shoes and Delco shoes must have ribbons.
- Pink ballet tights are required.
- Dancers of colour may opt for flesh-toned or brown tights, but the shoes, elastics, and pointe shoe ribbons must match the tights.
- Delco (soft pointe) shoes are optional starting from the Intermediate level.

Hair must be styled neatly in a single bun, with the top of the bun aligned with the top of the head. Small, matching ribbons or flowers may be added, but large decorations should be avoided. Dancers may also use French plaits to enhance the hairstyle. Hair must be completely out of the face.

A-ARTS BALLET SYLLABUS Information



Exam Fees

Tiny Tots 1	R150 per student
Tiny Tots 2	R150 per student
Pre-Elementary	R200 per student
Elementary	R200 per student
Grade 1	R250 per student
Grade 2	R275 per student
Grade 3	R300 per student
Grade 4	R300 per student
Grade 5	R350 per student
Intermediate Foundation	R400 per student
Intermediate	R400 per student
Advanced 1	R450 per student
Advanced 2	R450 per student
Professional Performance	R650 per student
Pointes Level 1	R400 per student
Pointes Level 2	R400 per student
Pointes Level 3	R400 per student
Pointes Level 4	R400 per student
Pointes Level 5	R400 per student

A-ARTS BALLET SYLLABUS

Information



How to get Qualified?

1. Pre-Grades:

Pre-Grades consists out of Tiny Tots 1 to Elementary.

For the Practical, the Teacher must know the Pre-Elementary and Elementary exams. You will be expected to demonstrate the 2 Pre-Grades Levels.

Throughout the Practical Exam questions will be asked to the teacher about terminology, breakdown of steps, anatomy, teaching methods, musicality and about how to run a studio.

2. Grades:

Grades consist out of Grade 1 to Grade 5.

For the Practical, the Teacher must know the Grade 4 and Grade 5 exams. You will be expected to demonstrate the 2 Grades.

Throughout the Practical Exam questions will be asked to the teacher about terminology, breakdown of steps, anatomy, teaching methods, musicality and about how to run a studio.

The Teacher/Dance will also be expected to complete 5 Lesson Plans and they will be asked to present the 1 of the 5 Lesson Plans during their Practical Exam.

3. Majors Syllabi

When your Grades Teacher Practical Exam is Completed, and you have received a Successful you also Qualify to teach both the Major and Pointes Syllabi.

Please note the Major and Pointes Syllabi is sold separately per Level. See fees below.

A-ARTS BALLET SYLLABUS Information



Fees and what's included.

<p><u>Pre-Grades</u> R1500</p>	<ul style="list-style-type: none"> • All 4 Pre-Grades Syllabi (Written) • Videos of Tiny Tots 1 to Elementary. • Music of Tiny Tots 1 to Elementary.
<p><u>Grades</u> R2500</p>	<ul style="list-style-type: none"> • All Grades Syllabi (Written) • Videos of Grade 1 to Grade 5. • Music of Grade 1 to Grade 5.
<p><u>Major Syllabi</u> (When purchasing the grade you will received the syllabus, music and videos)</p>	<ul style="list-style-type: none"> • Intermediate Foundation – R300 • Intermediate – R300 • Advanced 1 – R350 • Advanced 2 – R350 • Professional – R400
<p><u>Pointes Syllabi</u> (When purchasing the grade you will received the syllabus, music and videos)</p>	<ul style="list-style-type: none"> • Level 1 – R300 • Level 2 – R300 • Level 3 – R350 • Level 4 – R350 • Level 5 – R400

A-ARTS BALLET SYLLABUS Information



Pre-Grade Teachers Exam

20 hours at qualified teachers – hours signed and placed in file	Dancing Practical Exam Dance Pre-Elementary and Elementary
Terminology will be tested.	Musicality knowledge will be tested.
Breaking down of steps.	Anatomy knowledge will be tested.
Injuries and what to do in case of an emergency.	Questions will be asked on how to run a studio. Or questions based on scenarios that can happen in a studio.

Grade Teachers Exam

20 hours at qualified teachers – hours signed and placed in file	Dancing Practical Exam Dance Pre-Elementary and Elementary
Terminology will be tested.	Musicality knowledge will be tested.
Breaking down of steps.	Anatomy knowledge will be tested.

A-ARTS BALLET SYLLABUS Information



Injuries and what to do in case of an emergency.

Questions will be asked on how to run a studio. Or questions based on scenarios that can happen in a studio.

