



## SKILLS PROGRAMME

# STANDARD GRADE ONE

**(Arm and leg movements, including the use of apparatus, may be requested in any section)**

**A DVD of this syllabus is available upon request from your State Administrator**

**(REVISED: July 2013)**

### FREE EXERCISES

<p><b>1. <u>Arm Positions:</u></b> Attention Forward Raise Upward Stretch Side Raise Neck Rest Hips Firm</p>	<p><b>2. <u>Leg and Feet Positions:</u></b> Attention (<i>arms by side</i>)  Toe Point -Side (<i>hands in hips firm position</i>) -Forward (<i>hands in hips firm position</i>)  Side Lunge (<i>hands in hips firm position</i>) Side Step (<i>hands in hips firm position</i>)</p>
<p><b>3. <u>Bends:</u></b> Full Forward Trunk Bend <i>Commence in Side Step and keeping the arms straight, slide the hands down the legs as you bend forward</i> Side Bend (<i>to the L or R</i>) <i>Commence in Side Step with arms at Attention</i></p>	<p><b>4. <u>Floorwork:</u></b> Cross Leg Sit Long Sit Body Raise Kneeling Positions: - Single Leg Kneel - Double Leg Kneel - Prone Kneel - <i>with a square back</i> Kneeling Arabesque - <i>from Prone Kneel</i></p>

### Set Exercise: MUSIC TRACK 1

- 1 - 2 Arms Forward Raise
- 3 - 4 **L** Side Toe Point with arms Side Raise
- 5 - 6 **L** Side Lunge with arms Neck Rest
- 7 - 8 Attention
- 9 - 10 Face the **L** side, **L** Side Step with arms at Attention
- 11 - 12 Full Forward Trunk Bend (sliding the hands down the legs)
- 13 - 14 Recover
- 15 - 16 **L** Leg to Attention

- 1 - 2 Face the **Front**, **L** Single Leg Kneel with arms Forward Raise
- 3 - 4 Prone Kneel
- 5 - 6 Lift the **L** leg into a Kneeling Arabesque
- 7 - 8 Recover
- 9 - 10 Sit on the floor to the **L** side of the feet - arms Side Oblique Down with finger tips on the floor
- 11 - 12 Long Sit facing the **R** side
- 13 - 14 Cross Leg Sit
- 15 - 16 Stand to Attention facing the **Front** through the Cross Leg Recovery position.

**ROD EXERCISES**

1. **Under Grip:**  
 Side Raise Twist  
 Forward Raise Twist  
 Side Raise Twist with Curve Overhead  
 Vertical Twist

**Set Exercise:                    MUSIC TRACK 2**

- 1 - 2    **L** Side Raise Twist  
 3 - 4    Attention  
 5 - 6    **L** Side Lunge, **L** Side Raise Twist with **R** Curve Overhead  
 7 - 8    Attention  
 9 - 16   Repeat counts 1 through 8 to the opposite side
- 1 - 2    **L** Forward Toe Point with **L** Forward Raise Twist  
 3 - 4    Feet to Attention with Rod Forward Raise  
 5 - 6    **R** Forward Toe Point with **R** Forward Raise Twist  
 7 - 8    Attention  
 9 - 10   **L** Side Step, Twist **L** hand to Vertical Twist  
 11 - 12   Twist **R** hand to Vertical Twist  
 13 - 14   **L** Side Toe Point with Rod in Upward Stretch  
 15 - 16   **L** foot and rod to Attention.

**CLUB SWINGING**

<p>1. <b><u>Inward:</u></b>            Full Circle            Head Swing            Back Swing            Side Raise Swing</p>	<p>2. <b><u>Outward:</u></b>            Full Circle            Head Swing            Back Swing            Side Raise Swing            Double Fold at Side Raise</p>
<p>3. <b><u>Parallel:</u></b> (<i>L&amp; R directions</i>)            Full Circle            Head Swing            Back Swing            Overhead Wrist Swing</p>	<p>4. <b><u>Parallel:</u></b> <i>facing the Forward side</i>            Forward Raise Swing            Full Circles - Alternating with Forward Raise Swings            Body Swing to the Front            Body Cross            Double Fold</p> <p>5. <b><u>Parallel:</u></b> <i>facing the Backward side</i>            Forward Raise Swing</p>
<p>6. <b><u>Side Windmill:</u></b> (<i>L&amp; R directions</i>)            Full Circle            Head Swing</p>	<p>7. <b><u>Side Windmill:</u></b> <i>facing the Forward side</i>            Forward Raise Swing            Full Circles</p>

**CLUB SWINGING** (cont'd)**Set Exercises: MUSIC TRACK 3**

On the 4 bar introduction -

- 1 - 2 Wait standing at Attention with the clubs along the arms  
 3 - 4 Side Step to the **L** and swing the clubs Inward to Upward Stretch

Inward:

- 1 Full Circle  
 2 Head Swing  
 3 Full Circle  
 4 Head Swing  
 5 - 6 Back Swing  
 7 Full Circle  
 8 Side Raise Swing & finish at Upward Stretch  
 9 - 16 **Repeat** this exercise.

Side Windmill: **L & R** Sides  
 Commence with the **R** arm to the **L** Side

- 1 Full Circle to the **L**  
 2 Head Swing  
 3 - 4 Face the **Forward** side (**L**) and Forward Raise Swings **L, R, L**  
 5 - One Full Circle with each arm, **R** then **L**  
 6 One Forward Raise Swing with each hand, **R** then **L**  
 7 - 8 Face the **Front** then Full Circle to Upward Stretch  
 9 - 16 **Repeat** to the **R** side.

**FIGURE MARCHING****1. Identify in Set Exercise:**

Marking Time  
 Forward March (with arm swinging)  
 Side Stepping

**Set Exercise: MUSIC TRACK 4**

Commence at **Centre Back** and facing the **L** side

- 1 - 32 Forward March with arm swinging, around in a large circle back to starting position  
 1 - 8 Face the **L** and Marking Time  
 9 - 16 Face the **Front** and Marking Time  
 1 - 8 2 Side Steps to the **L**  
 9 - 16 2 Side Steps to the **R**  
 1 - 8 Marking Time

**AESTHETIC***Expression is required in set choreography*

<p><b>1. <u>Arm Positions:</u></b>  Preparation Position  1<sup>st</sup> Position  2<sup>nd</sup> Position  3<sup>rd</sup> Position  4<sup>th</sup> Position  5<sup>th</sup> Position  Low 2<sup>nd</sup> Position</p>	<p><b>2. <u>Leg and Feet Positions:</u></b>  1<sup>st</sup> Position  2<sup>nd</sup> Position  3<sup>rd</sup> Position  5<sup>th</sup> on Demi-pointe</p> <div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> <p><b><u>NOTE:</u></b></p> <p><b><u>DEVANT</u></b> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><b><u>DERRIÈRE</u></b> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body.</p> </div>
<p><b>3. <u>Head Positions:</u></b>  Quarter Turn (¼ Turn)  Incline  Forward Tilt</p>	<p><b>4. <u>Identify in Set Choreography:</u></b>  Chassé forward  Fondu  Low Développé  Dance Mime</p>

**Set Choreography: MUSIC TRACK 5**

<p><i>Commence with feet in 3<sup>rd</sup> Position, <b>R</b> foot in front, facing the <b>downstage L</b> corner</i></p>	<p><i>Arms in Preparation</i></p>
<p>1 - 2 Chassé forward (devant) with the <b>R</b> foot</p>	<p>Arms 1<sup>st</sup></p>
<p>3 - 4 <b>L</b> Toe Point (derrière) to the back</p>	<p>Arms 2<sup>nd</sup></p>
<p>5 - 6 Fondu on the <b>R</b> leg and place the <b>L</b> foot (derrière) just behind the ankle of the <b>R</b> leg</p>	<p>Arms 1<sup>st</sup> (through Preparation)</p>
<p>Rise in 5<sup>th</sup> on Demi-pointe pivoting by the <b>L</b> to finish facing the downstage <b>R</b> corner, <b>L</b> foot in front (devant)</p>	<p>Arms 5<sup>th</sup> in 5<sup>th</sup> on Demi-pointe</p>
<p>7 - 8 Lower to 3<sup>rd</sup> Position, with the <b>L</b> foot in front (devant)</p>	<p>Arms through 2<sup>nd</sup></p>
<p>9 - 16 Repeat to the other side and finish facing downstage <b>R</b> with feet in 5<sup>th</sup> on Demi-pointe <b>R</b> foot in front</p>	<p>Finish arms in Preparation</p>
<p></p>	<p>Arms 5<sup>th</sup></p>
<p>1 - 6 Travelling downstage <b>R</b>, Fondu on the <b>L</b> leg, walk <b>R, L, R</b> through Low Développé</p>	<p>Arms 2<sup>nd</sup> (through Prep) to 1<sup>st</sup> to 2<sup>nd</sup></p>
<p>7 - 9 Step forward on the <b>L</b> foot and Fondu, placing the tip of the <b>R</b> foot behind (derrière) in the Curtsey position</p>	<p>Listening Mime - <b>L</b> arm to 2<sup>nd</sup> palm facing down and <b>R</b> hand by ear</p>
<p>10 - 12 Rise in 5<sup>th</sup> on Demi-pointe, with the <b>L</b> foot in front (devant)</p>	<p>Dance Mime - Rolling the hands whilst carrying the arms through 1<sup>st</sup> to 5<sup>th</sup>.</p>
<p>13 - 16 Face the <b>Front</b>, Side Step to the <b>L</b> and place the tip of the <b>R</b> foot behind (derrière) in the Curtsey position,</p>	<p>Arms to Low 2<sup>nd</sup> with the palms facing down</p>
<p>Curtsey and recover from Curtsey extending the supporting leg.</p>	<p></p>

**TURNOUT EXERCISE: MUSIC TRACK 6**

Commence with feet in 1<sup>st</sup>, arms in Preparation. Use **all** the music to execute to the **L** side only.

1 - 2	Demi-plié	
3 - 4	Recover	
5 - 6	Demi-plié	
7 - 8	Recover	
9 - 10	Rise in 1 <sup>st</sup> Position (do <u>not</u> keep the heels together)	
11 - 12	Lower the heels	
13 - 14	<b>L</b> Side Toe Point	Arms to 1 <sup>st</sup>
15 - 16	Lower heel in 2 <sup>nd</sup> Position	Arms to 2 <sup>nd</sup> , lower to Preparation
1 - 4	Grand (deep) plié in 2 <sup>nd</sup> Position	Open arms to Low 2 <sup>nd</sup> with a ¼ turn of the Head to the <b>L</b>
5 - 8	Recover	Bring arms back to Preparation
9 - 10	Rise in 2 <sup>nd</sup> Position	
11 - 12	Lower the heels	
13 - 14	<b>L</b> Side Toe Point	Open arms to Low 2 <sup>nd</sup> with a ¼ turn of the Head to the <b>L</b>
15 - 16	Close <b>L</b> foot to 1 <sup>st</sup> Position.	Arms to Preparation

**DANCE**

**Expression is required in set choreography**

<p>1. <b><u>Identify in Set Choreography:</u></b> Galop – Side Toe Point – Forward (devant) with Fondu</p>	<p>Polka – Forward Sautés</p> <p><b><u>NOTE:</u></b></p> <p><b><i>DEVANT</i></b> – Term used to describe a position in which the working leg is placed in front of the other foot or in front of the body.</p> <p><b><i>DERRIÈRE</i></b> – Term used to describe a position in which the working leg is placed behind the other foot or behind the body.</p>
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**Set Choreography: MUSIC TRACK 7**

Commence with a Side Step to the **L** and place the tip of the **R** foot behind the supporting **L** leg in the Curtsey position (Classical pose) Arms to low 2<sup>nd</sup>

1 - 4	1 Gallop to the <b>R</b> side Side Step to the <b>R</b> and <b>L</b> Toe Point forward (devant) through low développé, with Fondu	Arms 2 <sup>nd</sup> Arms 3 <sup>rd</sup>
5 - 8	1 Gallop to the <b>L</b> side Side Step to the <b>L</b> and <b>R</b> Toe Point forward (devant) through low développé, with Fondu	Arms 2 <sup>nd</sup> Arms 3 <sup>rd</sup>
9 -	Close into Demi-plié in 1 <sup>st</sup> Position	Arms preparation
10	Straighten the legs	Arms preparation
11	Rise in 1 <sup>st</sup> Position	Arms preparation
12	Lower the heels	Arms preparation
13	Demi plié in 1 <sup>st</sup> Position	Arms preparation
14	Straighten the legs	Arms preparation
15	Rise in 1 <sup>st</sup> Position	Arms preparation
16	Lower the heels <b>R</b> Toe Point forward (devant)	Arms preparation Arms through 1 <sup>st</sup> to 2 <sup>nd</sup>

*Travelling by the **R** in a large circle*

1 - 8	Commence with a straight leg lift of the <b>R</b> leg 4 Polkas forward passing through Low Développé (elevated, with both legs and feet extended in 3rd Position in the air) (finish at <b>Centre Back</b> )	Arms 3 <sup>rd</sup> side to side (soft flowing hands)
Coda		
1 - 8	Run to <b>Centre Stage</b> finish with feet in 1 <sup>st</sup> Position Demi-plié	Arms 1 <sup>st</sup> to 2 <sup>nd</sup>
9 - 14	3 Sautés in 1 <sup>st</sup> Position	Arms preparation
15 - 16	Quarter Turn to <b>downstage L</b> corner, <b>L</b> foot Toe Point forward (devant) with a 1/4 Turn of the Head looking front	Arms 4 <sup>th</sup> with the <b>R</b> arm up

**The following will be assessed throughout the exam:**

- Musical Appreciation
- Style and Presentation
- Knowledge of Syllabus and Terminology

<i>Candidate is expected to have a working knowledge of ALL movements from previous syllabi</i>
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