



BalletMet Dance Academy
High School Intensive Ballet Program Curriculum

These programs are designed to correspond with the Academic Content Standards of the Grades 9 – 12 standards for Dance and Physical Education and are therefore appropriate for recognition for the Credit Flexibility Plan, to meet the required two semesters of Fine Arts, Physical Education requirements and Elective Credits.

These credits form only a portion of the 21 credits needed to graduate from high school.

Program Overview

The aim of the BalletMet High School Intensive Dance Program is to nurture the potential professional dancer by focusing on artistry, technique and musicality, and by giving students an understanding of how they can care for their bodies so that they can make best use of the expert instruction and develop into healthy, well informed creative artists.

The BalletMet Dance Academy is uniquely placed in the community to offer a High School Dance Program. The highly skilled faculty has experience working with young dancers, high school students, pre-professional and professional dancers and college students. The close links between the BalletMet Dance Academy and the professional company means that students can benefit from seeing professionals at work, dancing with them in rehearsal and on stage, and working with the artistic staff of the company. The Dancers' Core Academic Program educates students on many aspects of professional life and the project-based curriculum stimulates students' independent study skills.

We believe this multifaceted approach to training dancers gives students a depth of understanding that will inform and enrich their lives as performers and/or audience members

Objectives:

- This 38 week, four-year dance Program is designed to guide classical ballet students from an intermediate level of technique, artistry and etiquette to a pre-professional level; leading to a career in dance.
- Based on classical ballet technique students are required to study other dance forms and body conditioning techniques, to enrich their understanding of particular dance styles and to give them the opportunity to work in or gain employment in a multifaceted career choice in the field of dance.
- The Dancer Core Academic Program provides instruction that will broaden student understanding of the dance art form and promote creative practice and cognitive reflection – tools necessary to progress into contemporary professional life. Opportunities to develop performance skills will be made available to students, at all levels, commensurate with their abilities and talents.

Student Placement:

- Students enter into the Intensive Program upon completion of BalletMet Dance Academy Ballet 5 or by taking an audition class. They are then placed at the discretion of the Academy Director, based on the recommendation of the faculty member teaching the placement class.
- Students enter into the Pre-Professional Program upon completion of BalletMet Intermediate/Advanced Ballet. Students are selected through an audition process at the discretion of the Academy Director or by Senior BalletMet Academy staff. This may take place as part of the national audition tour or by application for an individual audition at the BalletMet Downtown location at a point during the year.
- Students are expected to have completed the required level syllabus to the satisfaction of the class instructor/s and Academy Director before progressing to the following class level.

Student Evaluations:

- Evaluations are given twice yearly with mid-semester progress check grades. There is a parent/student conference at the end of January, with recommendations for further study for the summer and coming year.
- Assessment classes are given at the end of the Academic year to a panel of a minimum of two members of the faculty, including the class instructor. The student's performance in this assessment class will be reflected in class placement for the following year.
- Students not achieving the appropriate standard will be required to take the same level of study for a second year. Students showing particular progress, commitment and promise may be invited to take a class at a higher level on the recommendation of the class instructor and at the discretion of the Academy Director.
- Students will be required to present a portfolio of their Core Academic projects and assignments for assessment twice yearly.

Student Mentoring:

Each class level will be mentored by one faculty member who will advise, monitor students and communicate class progress to the Academy Director.

Program Curriculum

Apart from the Pre-Professional Program all classes are scheduled from 3:30pm onwards during weekdays and from 9:00am on Saturdays.

Dancers' Core Academic Program

Divided into six six-week study blocks of one 1.5 hour classes a week, this program introduces students to material that will provide support for their chosen career, both artistic and practical. The study blocks are project-based and designed to promote student participation and independent study. Some study blocks stand alone others will develop to a second level of study the following year.

Total study hours – 57 hours/year

Objectives:

Students will understand:

- How classical ballet has developed, historically, philosophically and culturally and how it relates to other dance forms and styles both past and present.
- How to present a personal view of classical ballet using appropriate technical and critical vocabulary to analyze and justify their interpretation and evaluation of the repertoire studied during the course.
- The multiple relationship of dance to the other arts, academics and life.
- The use of technical and design elements of theatre and performance technology.

Material will include:

Level I

History of Dance I	Music for Dancers I	Basic Ballet Pedagogy I
Dancer's Wellness	Acting	Costuming and Make-up

Level II

History of Dance II	Dance Appreciation	Music for Dancers II
Basic Ballet Pedagogy II	Anatomy & Kinesiology	Theatre Skills; Lighting, staging, etc

Dancers Training Program

Students must be at an intermediate level of study to enter this program. Following the first year they will be evaluated for each dance form on an individual basis.

Students are expected to:

- Demonstrate an appropriate level of technical accomplishment that includes the necessary anatomical alignment, placement and posture.
- Demonstrate and maintain sound knowledge and understanding of technical vocabulary and principles of the curriculum in the specified dance style.
- Demonstrate an understanding of phrasing and timing.
- Develop performance skills both as a soloist and as a member of a corps de ballet in works by recognized choreographers for public performance.
- Choreograph original solo or group works in a style of their own choosing for public performance.
- Communicate ideas (thought and emotion) through movement and shaped into choreography or choreographic work, or choreographic studies
- Interpret and express mood, meaning and emotion through performance practice.
- Understand and implement safe practice.
- Exhibit personal and social behaviour that demonstrates respect for self and others and the world in which they live.

Intermediate Ballet

Class	No. of Classes	Length of Class/Hrs	Total Hours/week
Intermediate Ballet Technique	5	1.5	7.5
Intermediate Pointe Work or Male Technique	2	1	2
Body Conditioning/Pilates	1	1	1
Beginner Modern Dance	1	1.5	1.5
Modern Composition	1	1	1
Senior Performance Ensemble	1	2	2
Total hours/week			<u>15</u>
Total hours/year			<u>570</u>

Electives

Class	No. of Classes	Length of Class/Hrs	Total Hours/week	Total Hours/year
Intermediate Tap	1	1	1	38
Yoga	1	1	1	38
Flamenco	1	1	1	38
Character	1	1	1	38
Intermediate Jazz	1	1.5	1.5	57

Intermediate/Advanced Ballet

Class	No. of Classes	Length of Class/Hrs	Total Hours
Inter./Adv. Ballet Technique	5	1.5	7.5
Inter./Adv. Pointe Work or Male Technique	2	1	2
Variations/Partnering	1	1	1
Body Conditioning/Pilates	1	1	1
Intermediate Modern Dance	1	1.5	1.5
Modern Composition	1	1	1
Senior Performance Ensemble	1	2	2
Total hours/week			<u>16</u>
Total hours/year			<u>608</u>

Electives

Class	No. of Classes	Length of Class/Hrs	Total Hours/week	Total Hours/year
Inter./Adv. Tap	1	1	1	38
Yoga	1	1	1	38
Flamenco	1	1	1	38
Character	1	1	1	38
Inter./Adv. Jazz	1	1.5	1.5	57

Advanced Ballet

Class	No. of Classes	Length of Class/Hrs	Total Hours
Advanced Ballet Technique	5	1.5	7.5
Advanced Pointe Work or Male Technique	2	1	2
Variations/Partnering	1	1	1
Body Conditioning/Pilates	1	1	1
Advanced Modern Dance	1	1.5	1.5
Modern Composition	1	1	1
Senior Performance Ensemble	1	2	2
Total hours/week			<u>16</u>
Total hours/year			<u>608</u>

Electives

Class	No. of Classes	Length of Class/Hrs	Total Hours/week	Total Hours/year
Advanced Tap	1	1	1	38
Yoga	1	1	1	38
Flamenco	1	1	1	38
Character	1	1	1	38
Advanced Jazz	1	1.5	1.5	57

Pre-Professional Ballet

Evening classes are scheduled on an individual basis depending on students' level and personal needs.

Class	No. of Classes	Length of Class/Hrs	Total Hours
Advanced Ballet Technique	5	1.5	7.5
Pre-Professional Ballet Technique	5	1.5	7.5
Company Class	1	1.5	1.5
Advanced Pointe Work or Male Technique	2	1	2
Pre-Professional Pointe Work	1	1	1
Variations/Repertoire or Partnering	3	1/1.5	4
Body Conditioning/Pilates	2	1	2
Advanced Modern Dance	1	1.5	1.5
Modern Composition	1	1	1
Advanced Jazz	1	1.5	1.5
Senior Performance Ensemble	1	2	2
Total hours/week			<u>31.5</u>
Total hours/year			<u>1197</u>

Electives

Class	No. of Classes	Length of Class/Hrs	Total Hours/week	Total Hours/year
Advanced Tap	1	1	1	38
Yoga	1	1	1	38
Flamenco	1	1	1	38
Character	1	1	1	38
Advanced Jazz	1	1.5	1.5	57

Summer Study

Students in the BalletMet Intensive Ballet Program may choose to audition for the four week Intensive Summer Program or five week Pre-Professional Summer Program. These programs consist of **120 – 150 hours of study time**

Performance Opportunities

Students will have multiple opportunities to perform on stage and to present themselves in public. As well as dancing on stage, professional dancers are often asked to speak and act in Lecture Demonstrations and represent their companies at fund raising events, and other social gatherings, so the ability to present themselves appropriately with poise and confidence in the social arena is an important part of a young dancer's education. All costuming is through the BalletMet Academy and Costume shop.

Senior Performance Ensemble

- Intensive and Pre-Professional students participate in the Senior Performance Ensemble. This student company of dancers of an Intermediate through Advanced/Pre-Professional level of dance represents the Academy at events in the City of Columbus and Ohio. Students are encouraged to study choreography that reflects the artistic vision of the BalletMet Company. They work on perfecting the details of varying styles and techniques to prepare them for the wide-ranging demands made on professional dancers.
- There are two evening performances in March to showcase the work of both Senior and Junior Performance Ensembles.
- The Senior Performance Ensemble participates in all of five Academy end of year performances.
- Other opportunities to perform have included: The Nutcracker Ball, Ohio Dance Festival, Great Gatsby Fashion Show, Ohio Arthritis Foundation and Junior League Benefit.

Spring Performances

- The Academy presents 5 end of year performances for all Academy students. Intensive Programs dance with their class level in all the dance techniques which they study.

Outreach Performances

- Together with Company trainees, Intensive and Pre-Professional students opportunities to perform with the BalletMet Education Department representing BalletMet throughout the community.

Company Performances

- BalletMet Intensive and Pre-Professional Students participate in several Company performances during the Company season. All decisions regarding casting are made by Company Director, Gerard Charles and members of the Company Artistic Staff and are final.

Academy Open Days

- Intensive and Pre-Professional students will be invited to dance, appear in costume and assist with the general public.

Competitions

- Students will be evaluated on an individual basis to prepare for select competitions. If a student is approved by the Academy Director they will receive coaching from BalletMet Dance Academy Faculty.
- Costumes for competitions may be provided by the BalletMet costume shop.
- Students not approved by the Academy Director may apply for private coaching but may not enter any competition under the name of the BalletMet Dance Academy.
- Students are expected to abide by the competition guidelines supplied by the BalletMet Dance Academy.

OSU Sports Medicine Program for the Performing Arts

- A unique relationship with The Ohio State University allows students ready access to sports medicine primary care physicians, orthopedic surgeons, sports chiropractors and performing arts-specific athletic trainers, physical therapists and massage therapists. This care is normally covered by the students' personal health insurance.
- Physical Screenings by OSU Physical Therapists

National Honor Society of Dance Arts

- Students participating in the BalletMet High School Curriculum are automatically nominated for the National Honor Society for Dance Arts.
- Students may choose to participate in the NHSDA.
- BalletMet hosts not only the first chapter of NHSDA in the state of Ohio, but is also the only dance academy that is attached to a Professional Dance Company to host a chapter of this nationally recognized honors program.
- The primary goals of the National Honor Society for Dance Arts are:
 - 1) to promote and honor outstanding achievement in students 11-18 years of age studying dance
 - 2) to encourage well-rounded young dance artists to be leaders in their communities
 - 3) to identify honor students of junior and senior high school age for nomination to the NDEO's Artistic Merit, Leadership, and Academic Achievement Award, one of the highest honors programs in the United States.

Junior High Students 15 hours/year
Senior High Students 30 hours/year

Community Service

- BalletMet provides ample opportunities for students to fulfill community service requirements through outreach and educational programs.

Susan Brooker, Director, BalletMet Dance Academy
February 2010