**Primary Ballet Exam**

***Centre exercises***

Knee bends in 1st position Track 1

Rises with arm movements 2

Step to side and lift 3

Step, close, step, point 4

Step, close, step, hop 5

***Arms***

Hands and wrists 6

Port de bras 7

***Steps around the room in a circle***

Walking with stretched feet 8

Lifted walks 9

Walking on demi pointe 10

Running 11

Skipping 12

***Jumps/steps of elevation*** 13-16

Springs in 1st - These two can be combined

Springs to 2nd and 1st - These two can be combined

Spring points

Springs from foot to foot

Gallops with point 17 & 18

Gallops with hop 19 & 20

Run, point and port de bras (in a circle) 21

***Music section***

Clap, recognise and count the following when the music is played:

The Waltz 1 2 3 22 & 23

The Polka a1&2 “I like ice cream!” 24 & 25

Walking 4 clapping 4 26

Walking 3 clapping 1 27

***Dance***

“My Piggy Bank” 28

***Curtsey*** 29