Ballet I (Dance 202-01)
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Welcome to ballet! In this class we’ll ascribe to certain protocols in order to best facilitate our practice:

- Ballet shoes are required. Dancers may wear traditional leotards and tights or other active wear, so long as the body is able to move and those movements are visible for evaluation. Please secure any long hair or bangs off the face.
- Please arrive on time! We will begin class promptly and lateness beyond 10 minutes into class will result in a mark of absence.
- Attendance is critical. There is no way to make up for time missed in class. You will be allowed 4 absences, but should be aware that more than 2 may negatively effect your grade. Please email me as soon as you are able regarding an absence. Working together we can ensure your grade is a fair reflection of your efforts.
- If an injury or illness allows your participation as an observer in class, you will be asked to transcribe some combinations and concepts covered in class. This assignment is due at the end of the class and you will receive credit for both attendance and your notation. Please remember that we all appreciate any contagious illness to be kept outside of the studio. Do not feel pressured to come and watch if you could be putting yourself or others at risk.
- Dancers are not permitted to leave the room during barre unless it is absolutely necessary. You may bring a water bottle to keep near you during barre and there will be a short break prior to our center practice.
- Do not sit down during class, outside of active stretching at appropriate times. If an injury precludes your participation in petite or grand allegro, please observe respectively and “mark” the combinations along the sides of the room.

We will begin each class at the barre and move through the canon of ballet exercises moving from small to larger movements and muscle groups. The same progression occurs in our center practice. Each portion comprises roughly half of our class time and occasionally there will be an interlude of abdominal strengthening to further and support our technique. Know that I am a Romana’s certified Pilates instructor and am not afraid to use it! Relying heavily on the Vaganova Method of ballet technique we will learn and practice correct alignment, movement design, musicality, and injury prevention. If you have any injuries that will impede your ability to work efficiently in this class, please make me aware.

Being comfortable with ballet terminology is crucial to our work together. Attached you will find a list of vocabulary and positions which will be included on our first quiz (October 7th). There will be two quizzes and one writing assignment for the course. The second quiz (November 18th) will be further explained in classes prior to my administering it, and the first, as stated above, is based on the given terminology. The writing assignment is a brief research paper, 2-3 pages double-spaced (500-750 words), about a chosen person or topic. I will provide a list of available topics and you can select yours through this advanced and technologically challenging process: writing your name next to that topic on said piece of paper. This piece of paper will appear after the drop/add period and I have a sense of how many dancers are actually in the class. Throughout the semester I’ll provide some other supplemental reading and materials and you can expect a short discussion about those materials before class. I’ll let you know when these discussions are to occur and I expect you to participate. I’m very excited to be sharing this time and practice with you. I do hope you enjoy the class.
Ballet Terminology


Should you have questions about a particular word, movement, or position, please ask me. The above link is a fairly comprehensive collection and includes video and stills. I invite you to explore vocabulary not on our list as well.

Plié | Pas de Chat | Frappé
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Tendu | Changement |  
Piqué | Fondue |  
Port de Bras | Glissade |  
Rond de Jambre à Terre | Allegro |  
Rond de Jambre en l’air | Adagio |  
Épaulement | En Dehors |  
Retiré | En Dedans |  
Relevé | En Croix |  

Ballet Positions of the Feet

Ballet Positions of the Body

à la quatrième derrière | croisé derrière | ecarté derrière
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à la quatrième devant | croisé devant | ecarté devant

effacé derrière | à la seconde
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effacé devant