

NDS National Dance Education Standards Framework  
 Strand 1. Standard 1.2 Handout 1. NDS Standards in Action Lesson Plan Program

Ballet Movement Principles Check List

Date \_\_\_\_\_

Student \_\_\_\_\_ Class \_\_\_\_\_

Ballet	Foot position	Movement principles	Arm position
<b>Preparation</b>		Placement/Alignment	
		Stance: turned out	
		Weight distribution	
		Weight change	
<b>First position</b>		Placement/Alignment	
		Stance: turned out	
		Weight distribution	
		Weight change	
<b>Second position</b>		Placement/Alignment	
		Stance: turned out	
		Weight distribution	
		Weight change	
<b>Third position</b>		Placement/Alignment	
		Stance: turned out	
		Weight distribution	
		Weight change	
<b>Fourth position</b>		Placement/Alignment	
		Stance: turned out	
		Weight distribution	
		Weight change	
<b>Fifth position</b>		Placement/Alignment	
		Stance: turned out	
		Weight distribution	
		Weight change	

Alignment: Posture or placement of the body in each foot and arm position and during each weight change.

Stance: Ballet: turned-out or Modern dance: parallel feet positions

Weight distribution: equal weight on each foot in a position, or one foot during a weight change

Weight change: weight shifts from two feet position to one-foot transition to two feet during the sequence of foot positions.

Modern Dance Movement Principles Checklist

Date \_\_\_\_\_

Student \_\_\_\_\_

Class \_\_\_\_\_

Modern Dance	Foot position	Movement principles	Arm position
<b>Preparation</b>		Placement/Alignment	
		Stance: parallel	
		Weight distribution	
		Weight change	
<b>First position</b>		Placement/Alignment	
		Stance: parallel	
		Weight distribution	
		Weight change	
<b>Second position</b>		Placement/Alignment	
		Stance: parallel	
		Weight distribution	
		Weight change	
<b>Fourth position</b>		Placement/Alignment	
		Stance: parallel	
		Weight distribution	
		Weight change	

Alignment: Posture or placement of the body in each foot and arm position and during each weight change.

Stance: Modern dance: parallel feet positions

Weight distribution: equal weight on each foot in a position, or on one foot during a weight change

Weight change: weight shifts from two feet position to one foot and transition to two feet during sequence of feet positions.

.....

The Ballet or Modern Dance checklist can be completed by the student, peer, or teacher.

The assessment may be used as either a check list or a rating scale. If a rating scale is used, determine the range or the rating scale such as 1 through 4, and the highest and lowest rating.