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## **Ballet Policy**

We are very fortunate at Brighton Dance Academy to be able to offer ballet in many different forms. For students wishing to do recreational ballet we have our Open Ballet options. These are once a week classes and don't have an exam commitment.

Students who feel serious about ballet and who wish to do exams, have the opportunity to work their way through the Royal Academy of Dance (RAD) Grades 1 - 8. Some students will also be given the option to work their way through Vocational levels (Intermediate Foundation – Advanced 2). Vocational levels include pointe work. As with any sport or instrument, regular training is required to ensure a strong and healthy body, to continue to improve technique and to ensure all syllabi are not only learnt, but mastered by exam time. Below you will find the commitment required for the different levels. These are based on the RAD guidelines and are strictly enforced at Brighton Dance Academy.

### **Grade 1 - Grade 8 Ballet:**

- 2 syllabus classes per week, 4 terms of the year
- Winter Workshop in the Term 2 school holidays
- It is highly recommended all ballet students enrol in the Dance Conditioning/Pilates class

### **Intermediate Foundation – Advanced 2 Ballet:**

- 2 RAD Vocational Ballet syllabus classes per week, 4 terms of the year
- Another ballet class as well as the 2 Vocational Ballet classes. Therefore, students must be enrolled in a minimum of 3 ballet classes in total per week. This can be a graded ballet class or open ballet class
- A pointe class, 4 terms of the year *\*this does not count as the additional ballet class*
- Autumn/Winter/Spring School in the year of your exam
- Dance Conditioning/Pilates is highly recommended

**All levels require at home practice to cement what has been learnt in class**



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## Ballet Policy

### **Ballet Exams:**

Not all students enrolled in RAD Ballet classes will necessarily sit an exam. We still encourage all of our students to study these levels and believe that students can gain a lot through the study itself if they have the right work ethic and dedication. Selection for examinations will be made on a case-by-case basis. There are three types of exams for Grades 1-8:

1. Graded Examination – Students go into the exam room independently; the examiner runs and assesses the students on their class work and exam dances. Students receive a numerical result categorised into Fail, Pass, Merit and Distinction as well as a medal.
2. Class Award – Similar to a graded examination, however the exam is run by their class teacher while the examiner assesses the students. The teacher is also allowed to assist students during the exam. Students receive a Frequently, Generally, Occasionally and Not shown for each section of the exam as well as a medal.
3. Performance Award – Runs like a stage performance where students will enter the exam room one at a time, perform a dance and then exit. Students will perform 3 exam dances from the syllabus and receive a numerical result categorised into Fail, Pass, Merit and Distinction as well as a bar.

*At BDA we run Grade 5 Ballet over two years in order for students to gain everything they need to from this extensive level. In their first year they will have the option to enter their Performance award exam and in their second year they will have the option to enter their Graded Examination/Class Award.*

### **Vocational Ballet:**

Vocational Ballet contains the levels progress as follows: Intermediate Foundation, Intermediate, Advanced Foundation, Advanced 1, Advanced 2.

This is the highest stream of ballet that students can study with us and is regarded as training ground for students who wish to dance professionally. With this in mind, not all dancers have the facility to be able to take this top level training. Students are typically selected for Intermediate Foundation from Grade 5 Ballet and may be able to progress all the way through to Advanced Two. It is quite common for students to cease vocational exams before reaching Advanced Two as the physical demands become too intense. Parents will be advised if this is the case for their child. This is the only stream of ballet where pointe work comes into play.

There are three exam sessions throughout the year where students may enter their vocational examination. Students work at their own pace through the vocational levels and will be entered into an exam session as soon as their teachers think they are ready. It is of the utmost importance that a student is ready physically and mentally for vocational exams. These exams are marked at a much higher standard so students should not expect the same marks they are used to receiving for their graded exams.

Students typically continue with their Graded Ballet levels (5-8) while completing their Vocational Ballet levels, however students may cease Graded Ballet after Grade 5 and focus only on Vocational Ballet if they wish.