

## Theory Component Schedule

Ballet DA 206

Professor Heidi N. Stoeckley

*Journal marks are awarded weekly on Thursdays. Please bring your journals with you to class each Thursday to receive your mark. Students without journals on Thursdays will get a 0/8 for that week's journal mark.*

*Remember, up to 4 points for participation are awarded each class, as well.*

### **Weeks 1- 4: Fundamental Principles of Ballet**

Jan 30 & Feb 2            Warm-Up, Conditioning, and Injury Prevention / CHAPTER 5  
Feb 7 & 9                Body Alignment, Breath, & Turnout / CHAPTER 1  
Feb 14 & 16            Barre Steps & Studio Orientation / CHAPTERS 2 & 3  
Feb 21 & 23            Counting Music in Ballet / CHAPTER 1 & ADDITIONAL MATERIALS

***Essay Assignment Posted- Due March 10 @ 5pm***

### **Weeks 5-7: Building Sequences**

Feb 28 & Mar 2        Connecting Movements in Center Work / CHAPTER 3  
Mar 7 & 9                Tours & Adagio / CHAPTER 3

***Mar 10 Essay Assignment Due on Moodle by 5pm***

***Mar 14 @ 9:30am-12:30pm Individual Check-Ins***

Mar 14 & 16            Allegro / CHAPTER 4

*Mid-Term Grades in March 15*

***NO CLASS March 21 & 23    SPRING BREAK***

### **Week 8: Theory**

Mar 28 & 30            Theory Review

***WEEKEND Mar 31-Apr 3    Theory Test Online: Due Apr 3 by 5pm***

### **Week 9-11: Observing Ballet / CHAPTER 7**

Apr 4 & 6                Early Ballet & Romantic Era  
Apr 11 & 13            Romantic Era: Paris  
Apr 18 & 20            20<sup>th</sup> Century: Russia, England, and America

### **Week 12-13: FINAL EXAM / CHAPTER 6**

Apr 25 & 27            Ballet Professions & Rehearsal

May 2                    ***Performance Exam : Barre, Center, Across the Floor, and Repertoire***