**GRADE 1 FEMALE**

Candidates are expected to combine any movements contained in the syllabus into simple sequences set by the examiner and have a knowledge of the French terms used, knowledge of the 5 positions of the feet and the following arm positions – bras bas, en avant, en couronne, attitude, à la seconde, demi bras and demi seconde.

**Barre**

* Demi plié in 1st and grand plié in 2nd combined with rises in 1st and 2nd – set exercise
* Battements tendus en croix in 4 counts – set exercise
* Retirés – set exercise
* Grands battements en croix in 4 counts – set exercise

**Port de bras**

* Set Port de bras

**Adage**

* Walks
* Dégagés devant, derrière and à la seconde
* Chassés en avant and à la seconde in 4 counts – set exercise
* Posés on the whole foot – set exercise

**Allegro**

Free steps you must know that could be included in a free enchainment by the examiner:

* Skips
* Galops en avant and de côté
* Runs
* Spring points
* Polka en avant and de côté
* Petits jetés devant and derrière
* Retirés sautés en arrière
* Posé, temps levé in attitude devant
* Sautés in 1st
* Changements

**Set Allegro Exercises**

* Set Polka enchainment

**Music**

Recognise, clap and count the Waltz, Polka and March

**Dance**

**Révérence**