

# Pre-Pointe Exam

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_

Current Ballet Level: \_\_\_\_\_

1. Grand Plies: 4x each 1<sup>st</sup> \_\_\_\_\_  
2<sup>nd</sup> \_\_\_\_\_  
R&L 5<sup>th</sup> \_\_\_\_\_

\*\*\*\*\*1. Points \_\_\_\_\_/10 – (2.5 each)

2. Flat Balances: 45s Coupe (R) \_\_\_\_\_  
Coupe (L) \_\_\_\_\_  
Retire (R) \_\_\_\_\_  
Retire (L) \_\_\_\_\_

\*\*\*\*\*2. Points \_\_\_\_\_/20 – (5 each)

3. Releve Balances: 4s Coupe (R) \_\_\_\_\_  
Coupe (L) \_\_\_\_\_  
Retire (R) \_\_\_\_\_  
Retire (L) \_\_\_\_\_

\*\*\*\*\*3. Points \_\_\_\_\_/20 (5 each)

4. Releves: 16x each 1<sup>st</sup> \_\_\_\_\_  
2<sup>nd</sup> \_\_\_\_\_

\*\*\*\*\*4. Points \_\_\_\_\_/10 – (5 each)

5. 64 Sautés in 1<sup>st</sup>: \_\_\_\_\_

\*\*\*\*\*5. Points \_\_\_\_\_/10

6. Foot Stretch: \_\_\_\_\_

\*\*\*\*\*6. Points \_\_\_\_\_/10

7. Plank (30s): \_\_\_\_\_

\*\*\*\*\*7. Points \_\_\_\_\_/10

8. The Basic Stance: \_\_\_\_\_

\*\*\*\*\*8. Points \_\_\_\_\_/10

TOTAL Points \_\_\_\_\_/100 Final Assessment: \_\_\_\_\_