



# NATIONAL PERFORMING ARTS ALLIANCE

**CLASS GRADES**

**BALLET, CONTEMPORARY**

**MODERN JAZZ, TAP**

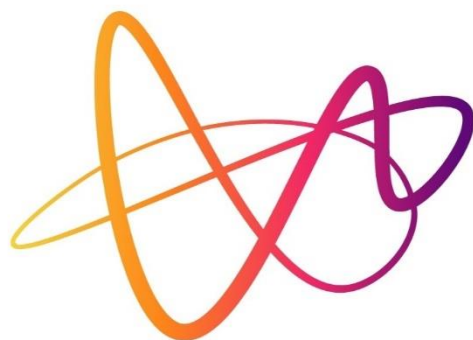
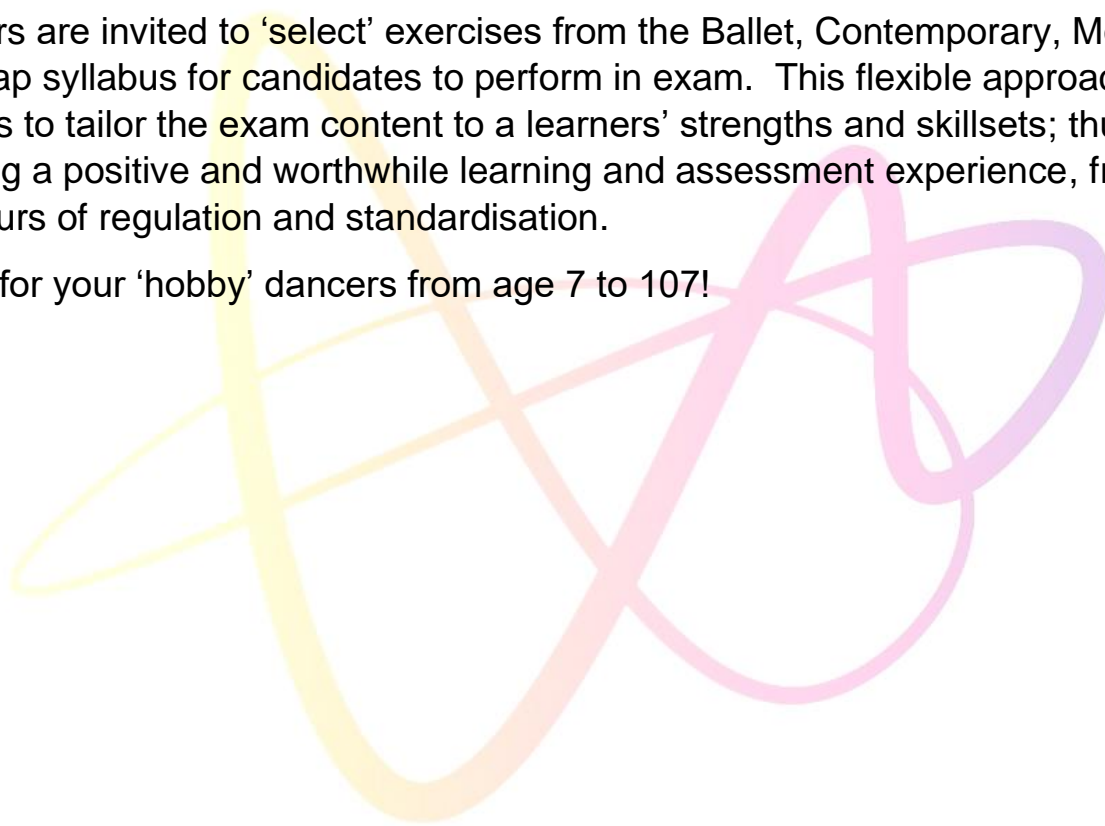
**UPDATED VERSION 3 JANUARY 2024**

## **WELCOME TO OUR INNOVATIVE AND INCLUSIVE 'CLASS GRADES' SYSTEM ....**

These examinations are designed for learners aged 7+ years - no maximum age, who enjoy achieving but do not wish to undergo the demands and commitment required for full Grade Examination entry. These grades follow a flexible syllabus in Ballet, Contemporary, Modern Jazz and Tap. All candidates will receive a report, award and certificate. These examinations do not carry any credit or UCAS points.

Teachers are invited to 'select' exercises from the Ballet, Contemporary, Modern Jazz, Tap syllabus for candidates to perform in exam. This flexible approach allows teachers to tailor the exam content to a learners' strengths and skillsets; thus providing a positive and worthwhile learning and assessment experience, free from the rigours of regulation and standardisation.

Perfect for your 'hobby' dancers from age 7 to 107!



## CLASS GRADE 1 BALLET

Please select from the Grade 1 Ballet syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIES	CHOOSE ANY 3
BATTEMENT TENDU	
BATTEMENT GLISSE	
BATTEMENT FONDU	
GRAND BATTEMENT	
PORT DE BRAS	CHOOSE ANY 2
CENTRE PRACTICE	
ADAGE 1	
ADAGE 2	CHOOSE ANY 2
ALLEGRO 1	
ALLEGRO 2	
ALLEGRO 3	COMPULSORY
THANK YOU	

Candidates will be expected to perform the 7 selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 2 BALLE

Please select from the Grade 2 Ballet syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIES	CHOOSE ANY 3
BATTEMENT TENDU	
BATTEMENT GLISSE & RETIRE	
BATTEMENT FONDU & RDJ	
DEVELOPPE	
GRAND BATTEMENT	
PORT DE BRAS	CHOOSE ANY 2
CENTRE PRACTICE	
ADAGE 1	
ADAGE 2	CHOOSE ANY 2
ALLEGRO 1	
ALLEGRO 2	
ALLEGRO 3	
ALLEGRO 4	COMPULSORY
THANK YOU	

Candidates will be expected to perform the 7 selected exercises plus the 'Thank You' in examination.

# CLASS GRADE 3 BALLET

Please select from the Grade 3 Ballet syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIES	CHOOSE ANY 3
BATTEMENT TENDU	
BATTEMENT GLISSE	
BATTEMENT FONDU & RDJ	
DEVELOPPE	
GRAND BATTEMENT	
PORT DE BRAS	CHOOSE ANY 3
CENTRE PRACTICE	
ADAGE 1 'A'	
ADAGE 1 'B'	
ADAGE 2	CHOOSE ANY 2
ALLEGRO 1	
ALLEGRO 2	
ALLEGRO 3	
ALLEGRO 4	COMPULSORY
THANK YOU	

Candidates will be expected to perform the **8** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 4 BALLET

Please select from the Grade 4 Ballet syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIES	CHOOSE ANY 4
BATTEMENT TENDU & GLISSE	
BATTEMENT FONDU & RDJ	
PREPARATION BATTEMENT FRAPPE	
PREPARATION RDJ EN L'AIR	
ADAGE	
GRAND BATTEMENT	
RELEVE	
PORT DE BRAS	CHOOSE ANY 3
CENTRE PRACTICE	
ADAGE 1	
ADAGE 2 'A'	
ADAGE 2 'B'	
ALLEGRO 1	CHOOSE ANY 3
ALLEGRO 2	
ALLEGRO 3	
ALLEGRO 4	
THANK YOU	COMPULSORY

Candidates will be expected to perform the 10 selected exercises plus the 'Thank You' in examination.

# CLASS GRADE 5 BALLET

Please select from the Grade 5 Ballet syllabus as follows:

<b>EXERCISE</b>	<b>TO PERFORM IN EXAM</b>
PLIES	CHOOSE ANY 4
BATTEMENT TENDU	
BATTEMENT GLISSE & JETE	
BATTEMENT FONDU & RDJ	
BATTEMENT FRAPPE & PETIT BATTEMENT	
ROND DE JAMBE EN L'AIR	
ADAGE	
GRAND BATTEMENT & RELEVÉ	
PORT DE BRAS	CHOOSE ANY 3
CENTRE PRACTICE	
ADAGE 1	
ADAGE 2	
ADAGE 3	CHOOSE ANY 3
ALLEGRO 1	
ALLEGRO 2	
ALLEGRO 3	
ALLEGRO 4	COMPULSORY
THANK YOU	

Candidates will be expected to perform the **10** selected exercises plus the 'Thank You' in examination.

# CLASS GRADE 6 BALLET

Please select from the Grade 6 Ballet syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIES	CHOOSE ANY 5
BATTEMENT TENDU	
BATTEMENT GLISSE & JETE	
BATTEMENT FONDU & RDJ	
BATTEMENT FRAPPE	
PETIT BATTEMENT	
ROND DE JAMBE EN L'AIR	
ADAGE	
GRAND BATTEMENT & RELEVÉ	
PORT DE BRAS	
CENTRE PRACTICE	
ADAGE 1	
ADAGE 2	
ALLEGRO 1	CHOOSE ANY 3
ALLEGRO 2	
ALLEGRO 3	
ALLEGRO 4	
THANK YOU	COMPULSORY

Candidates will be expected to perform the 11 selected exercises plus the 'Thank You' in examination.



# CLASS GRADE 7 BALLET

Please select from the Grade 7 Ballet syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIES	CHOOSE ANY 5
BATTEMENT TENDU	
BATTEMENT GLISSE & JETE	
BATTEMENT FONDU & RDJ	
BATTEMENT FRAPPE	
ROND DE JAMBE EN L'AIR	
PETIT BATTEMENT	
ADAGE	
GRAND BATTEMENT & RELEVÉ	
PORT DE BRAS	
CENTRE PRACTICE	
ADAGE 1 'A'	
ADAGE 1 'B'	
ADAGE 2	
ALLEGRO 1	CHOOSE ANY 3
ALLEGRO 2	
ALLEGRO 3	
ALLEGRO 4	
THANK YOU	COMPULSORY

Candidates will be expected to perform the 11 selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 8 BALLET

Please select from the Grade 8 Ballet syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIES	CHOOSE ANY 5
BATTEMENT TENDU	
BATTEMENT GLISSE & JETE	
BATTEMENT FONDU & RDJ	
BATTEMENT FRAPPE	
ROND DE JAMBE EN L'AIR	
PETIT BATTEMENT	
ADAGE	
GRAND BATTEMENT & RELEVÉ	
PORT DE BRAS	
CENTRE PRACTICE	
ADAGE 1	
ADAGE 2	
ALLEGRO 1	CHOOSE ANY 3
ALLEGRO 2	
ALLEGRO 3	
ALLEGRO 4	
THANK YOU	COMPULSORY

Candidates will be expected to perform the 11 selected exercises plus the 'Thank You' in examination.

# CLASS GRADE 1 CONTEMPORARY

Please select from the Grade 1 Contemporary syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
TRAVEL & BALANCE	CHOOSE ANY 6
STRETCH & CURVE	
FOOT ACTION	
ROLLING ALONG	
SWING & SUSPEND	
TRAVEL TIME	
SET COMBINATION 1	
SET COMBINATION 2	
THANK YOU	

Candidates will be expected to perform the **6** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 2 CONTEMPORARY

Please select from the Grade 2 Contemporary syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
TRAVEL & BALANCE	CHOOSE ANY 6
STRETCH & CURVE	
FOOT ACTION	
ROLLING ALONG	
SWING & SUSPEND 'A'	
SWING & SUSPEND 'B'	
TRAVEL TIME	
SET COMBINATION	
THANK YOU	

Candidates will be expected to perform the **6** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 3 CONTEMPORARY

Please select from the Grade 3 Contemporary syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
TRAVEL & BALANCE	CHOOSE ANY 6
STRETCH & CURVE	
FOOT ACTION	
ROLLING ALONG	
SWING & SUSPEND	
TRAVEL TIME 'A'	
TRAVEL TIME 'B'	
SET COMBINATION	
THANK YOU	

Candidates will be expected to perform the **6** selected exercises plus the 'Thank You' in examination.

# CLASS GRADE 4 CONTEMPORARY

Please select from the Grade 4 Contemporary syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
TRIPLET & TWIST	COMPULSORY
CORE CUNNINGHAM	CHOOSE 1
FOOT & LEG ARTICULATION	
FLOOR COMBINATION	CHOOSE 1
TURNING PREPARATION	
ELEVATE 'A'	CHOOSE 2
ELEVATE 'B'	
ELEVATE 'C'	
ELEVATION COMBINATION	CHOOSE 1
SET DANCE COMBINATION	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **5** selected exercises plus COMPULSORY 'Triplet & Twist' and 'Thank You' in examination.

## CLASS GRADE 5 CONTEMPORARY

Please select from the Grade 5 Contemporary syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
TRIPLET, TRAVEL & TURN	COMPULSORY
CORE CUNNINGHAM	CHOOSE 1
FOOT & LEG ARTICULATION	
FLOOR COMBINATION	CHOOSE 1
TURNING DEVELOPMENT	
ELEVATE 'A'	CHOOSE ANY 2
ELEVATE 'B'	
ELEVATE 'C'	
ELEVATION COMBINATION	CHOOSE 1
SET DANCE COMBINATION	
THANK YOU	COMPULSORY

Candidates will be expected to perform the 5 selected exercises plus COMPULSORY 'Triplet, Travel & Turn' and 'Thank You' in examination.

## CLASS GRADE 1 MODERN JAZZ

Please select from the Grade 1 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
LEG SWINGS	CHOOSE 1
INSTEP STRENGTHENING	
CENTRE	CHOOSE ANY 2
FLOOR 1	
FLOOR 2	
ISOLATIONS	
ARMS – FUNKY 4'S	CHOOSE 1
ARMS – LYRICAL LINES	CHOOSE ANY 2
WALKS & KICKS	
ACROSS THE FLOOR	
JUMPS & HOPS	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **6** selected exercises plus the 'Thank You' in examination.



## CLASS GRADE 2 MODERN JAZZ

Please select from the Grade 1 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
LEG SWINGS	CHOOSE 1
PLIE, LUNGE, STRETCH	
TABLE BACK PREPARATION	
CENTRE	CHOOSE ANY 3
FLOOR 1	
FLOOR 2	
FLOOR 3	
ISOLATIONS	CHOOSE 1
ARMS – JAZZ VIBES	
ARMS – SMOOTH & SWINGY	CHOOSE ANY 2
WALKS & RELEVES	
ACROSS THE FLOOR	
JUMPS & TURNING PREPARATION	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **7** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 3 MODERN JAZZ

Please select from the Grade 3 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
LEG SWINGS	CHOOSE 1
PLIE, LUNGE, STRETCH	
OFF BALANCE	
CENTRE	CHOOSE ANY 3
FLOOR 1	
FLOOR 2	
FLOOR 3	
ISOLATIONS	CHOOSE 1
ARMS – COOL JAZZ	
ARMS – SWING & SLICE	CHOOSE ANY 2
KICKS	
ACROSS THE FLOOR	
JUMPS & TURNS	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **7** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 4 MODERN JAZZ

Please select from the Grade 4 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
PLIE & CONTRACTION	CHOOSE ANY 2
OFF BALANCE	
BACK FLEXIBILITY	
ROUND KICKS	
CENTRE	CHOOSE ANY 3
FLOOR 1	
FLOOR 2	
FLOOR 3	
ISOLATIONS	
ARM COMBINATION	COMPULSORY
TURNING TIME	CHOOSE ANY 2
ACROSS THE FLOOR	
JUMPS & LEAPS	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **7** selected exercises plus COMPULSORY 'Arm Combination' and 'Thank You' in examination.

## CLASS GRADE 5 MODERN JAZZ

Please select from the Grade 5 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE AMALGAMATION	CHOOSE ANY 2
OFF BALANCE	
BACK FLEXIBILITY	
ROUND KICKS	
CENTRE	CHOOSE ANY 3
FLOOR 1	
FLOOR 2	
FLOOR 3	
ISOLATIONS	COMPULSORY
ARM COMBINATION	
TURNING TIME	CHOOSE ANY 2
ACROSS THE FLOOR	
JUMPS & LEAPS	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **7** selected exercises plus COMPULSORY 'Arm Combination' and 'Thank You' in examination.

## CLASS GRADE 6 MODERN JAZZ

Please select from the Grade 6 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE 1	COMPULSORY
BARRE 2	
CENTRE AMALGAMATION	CHOOSE ANY 2
FLOOR 1	
FLOOR 2	
ARM COMBINATION	COMPULSORY
TURNING TIME	CHOOSE ANY 2
KICKS	
ACROSS THE FLOOR	
JUMPS & LEAPS	CHOOSE 1
CANDIDATE CHOREOGRAPHY	
DANCE ROUTINE	COMPULSORY
THANK YOU	

Candidates will be expected to perform the **5** selected exercises plus COMPULSORY 'Barre 1, Barre 2, Arm Combination' and 'Thank You' in examination.

## CLASS GRADE 7 MODERN JAZZ

Please select from the Grade 7 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE 1	COMPULSORY
BARRE 2	
CENTRE AMALGAMATION FLOOR COMBINATION	CHOOSE 1
ARM COMBINATION	COMPULSORY
URNS	CHOOSE ANY 3
KICKS	
ACROSS THE FLOOR	
JUMPS, LEAPS & TURNS	
CANDIDATE CHOREOGRAPHY DANCE ROUTINE	CHOOSE 1
THANK YOU	COMPULSORY

Candidates will be expected to perform the 5 selected exercises plus COMPULSORY 'Barre 1, Barre 2, Arm Combination' and 'Thank You' in examination.

## CLASS GRADE 8 MODERN JAZZ

Please select from the Grade 8 Modern Jazz syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE 1	COMPULSORY
BARRE 2	
CENTRE AMALGAMATION	CHOOSE 1
FLOOR COMBINATION	
ARM COMBINATION	COMPULSORY
URNS	CHOOSE ANY 3
KICKS	
ACROSS THE FLOOR	
JUMPS, LEAPS & TURNS	
CANDIDATE CHOREOGRAPHY	CHOOSE 1
DANCE ROUTINE	
THANK YOU	COMPULSORY

Candidates will be expected to perform the 5 selected exercises plus COMPULSORY 'Barre 1, Barre 2, Arm Combination' and 'Thank You' in examination.

## CLASS GRADE 1 TAP

Please select from the Grade 1 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE – SPRINGS & HOPS	CHOOSE ANY 2
BARRE – SHUFFLES	
BARRE – PICKUPS & CRAMP ROLLS	
WELCOME	CHOOSE ANY 5
SHUFFLES	
PICKUPS	
RIFF 'N' ROLL	
ARM AMALGAMATION	
CLAP BEAT REPEAT	
TRAVEL & TURN	
TIMESTEPS	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **7** selected exercises plus the 'Thank You' in examination.



## CLASS GRADE 2 TAP

Please select from the Grade 2 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE – TOES & HEELS	CHHOSE ANY 2
BARRE - SHUFFLES	
BARRE – PICKUPS & CRAMP ROLLS	
WELCOME	CHOOSE ANY 5
SHUFFLES	
PICKUPS	
RIFF 'N' ROLL	
ARM AMALGAMATION	
CLAP BEAT REPEAT	
WING PREPARATION	
TRAVEL & TURN	
TIMESTEPS	
THANK YOU	COMPULSORY

Candidates will be expected to perform the **7** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 3 TAP

Please select from the Grade 3 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE - SHUFFLES	CHOOSE ANY 2
BARRE – PICKUPS	
BARRE - WINGS	
WELCOME	CHOOSE ANY 5
SHUFFLES	
PICKUPS 'A'	
PICKUPS 'B'	
RIFF 'N' ROLL	
ARM AMALGAMATION	
CLAP BEAT REPEAT	
WINGS	
KEEP IT CLOSE	
TRAVEL & TURN	
TIMESTEPS	
THANK YOU	

Candidates will be expected to perform the **7** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 4 TAP

Please select from the Grade 4 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE – SHUFFLES & CLIPS	CHOOSE ANY 2
BARRE – PICKUPS	
BARRE - WINGS	
WELCOME	CHOOSE ANY 6
SHUFFLES	
PICKUPS 'A'	
PICKUPS 'B'	
RIFF 'N' ROLL	
ARM AMALGAMATION	
CLAP BEAT REPEAT	
WINGS	
KEEP IT CLOSE	
TRAVEL & TURN	
TIMESTEPS	
THANK YOU	

Candidates will be expected to perform the 8 selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 5 TAP

Please select from the Grade 5 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM
BARRE - CLIPS	CHOOSE ANY 2
BARRE – SHUFFLES & SCUFFLES	
BARRE – PICKUPS	
BARRE - WINGS	
WELCOME	CHOOSE ANY 6
SHUFFLES	
PICKUPS	
RIFF 'N' ROLL	
ARM AMALGAMATION	
CLAP BEAT REPEAT	
WINGS & PULLBACKS	
KEEP IT CLOSE	
TRAVEL & TURN	
TIMESTEPS WITH A TWIST	
THANK YOU	

Candidates will be expected to perform the **8** selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 6 TAP

Please select from the Grade 6 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM	
BARRE - CLIPS	CHOOSE ANY 2	
BARRE – SHUFFLE, SCUFFLE, BEAT		
BARRE - PICKUPS		
BARRE - WINGS		
WELCOME	CHOOSE ANY 7	
SHUFFLES		
PICKUPS		
RIFF 'N' ROLL		
ARM AMALGAMATION		
CLAP BEAT REPEAT		
WINGS		
CLOSER AND CLOSER		
TRAVEL & TURN		
SHIM SHAM		
TIMESTEPS		
THANK YOU		COMPULSORY

Candidates will be expected to perform the 9 selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 7 TAP

Please select from the Grade 7 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM	
BARRE - CLIPS	CHOOSE ANY 2	
BARRE – SHUFFLE, SCUFFLE, BEAT		
BARRE – PICKUPS		
BARRE - WINGS		
WELCOME	CHOOSE ANY 7	
SHUFFLES		
PICKUPS		
RIFF 'N' ROLL		
ARM AMALGAMATION		
CLAP BEAT REPEAT		
WINGS		
CLOSER AND CLOSER		
TRAVEL & TURN		
SHIM SHAM		
WING TIMESTEPS		
TWISTED TIMESTEPS		
THANK YOU		COMPULSORY

Candidates will be expected to perform the 9 selected exercises plus the 'Thank You' in examination.

## CLASS GRADE 8 TAP

Please select from the Grade 8 Tap syllabus as follows:

EXERCISE	TO PERFORM IN EXAM	
BARRE - CLIPS	CHOOSE ANY 2	
BARRE – SHUFFLE, SCUFFLE, BEAT		
BARRE – PICKUPS		
BARRE - WINGS		
WELCOME	CHOOSE ANY 7	
SHUFFLES		
PICKUPS		
RIFF 'N' ROLL		
ARM AMALGAMATION		
CLAP BEAT REPEAT		
WINGS		
CLOSER AND CLOSER		
TRAVEL & TURN		
SHIM SHAM		
WING TIMESTEPS		
TWISTED TIMESTEPS		
THANK YOU		COMPULSORY

Candidates will be expected to perform the 9 selected exercises plus the 'Thank You' in examination.

