

## **IDTA Level 3 Diploma in Ballet – Scheme of Work/Plan for 2025/26 Academic Year**



<b>Learning Weeks</b>	<b>Content</b>	<b>Teacher Activities</b>	<b>Student Activities</b>	<b>Homework / Independent Learning</b>
Week 1–4	Induction & Foundation – introduction to diploma structure, safe dance practice, recap ballet technique (Rosette to Primary).	Explain qualification, workbook, posture, turnout, alignment. Feedback on health & safety.	Discuss health & safety, participate in drills, begin workbook.	Workbook risk assessment & posture, research Maslow before Bloom.
Week 5–8	Exploring Syllabus – focus on Grade 1 and Grade 3 ballet.	Model Grade 1 work, introduce Grade 3 allegro/adage, feedback on workbook drafts.	Perform syllabus in pairs, assist peers, start observation log, research nutrition.	Observation log #1, nutrition & hydration research.
Week 9–12	Developing Technique – introduce Grade 5, reinforce Grade 3 & Grade 1.	Demonstrate Grade 5 barre/centre, compare progression across grades.	Work on Grade 5 combos, teach peers Grade 1, reflect on observations, research Code of Conduct.	Reflection log on teaching, research IDTA Code of Conduct.
Week 13–16	Musicality & Communication – rhythm, phrasing, amalgamations.	Set creative amalgamations, teach counting and rhythmic instruction.	Lead warm-ups, create enchaînements, draft Dance Award choreography, observation log #2.	Draft Dance Award choreography, observation log #2.

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Week 17–20	Exam Preparation – focus on Grade 1 & Grade 3 full syllabus.	Run Grade 1 & 3 syllabus, identify common faults, practise examiner Q&A.	Peer-assess Grade 1/3 work, practise examiner-style Q&A, complete workbook tasks.	Workbook: Healthy lifestyle section, observation log #3.
Week 21–24	Exam Preparation – focus on Grade 5, artistry, expression.	Coach Grade 5 syllabus in detail, guide artistry, supervise teaching assistant practice.	Lead sections of class, practise coaching peers, complete workbook responsibilities, final observation log.	Workbook: Teaching assistant responsibilities, observation log #4.
Week 25–27	Mock Exam & Choreography – simulate exam, Dance Award choreography.	Simulate full exam conditions, feedback, review workbook progress.	Perform full syllabus, present Dance Award choreography, refine workbook, self-reflection.	Refine workbook, self-reflection on mock exam.
Week 28–30	Final Preparation & Reflection – polish exam work, submit workbook.	Provide final corrections, run Q&A, support workbook submission.	Perform polished amalgamations, final workbook submission, revise theory, final reflection.	Revise theory, final reflection on development.
Week 31- 35	Mock Exam Practice	Teacher Feedback	Revision and Teaching Practice	Anything that is outstanding for your Portfolio/Teaching Log Files.