
Pointe Readiness Assessment

Students will need to meet the below requirements in order to begin working en pointe in MSC Ballet Classes. As a reminder, it can take years of training to build the strength and technique necessary to safely go en pointe. This assessment is in place to keep our dancers healthy, and to avoid both short and long term injuries.

Taking Ballet at least 2x per week is HIGHLY recommended for students wishing to practice en pointe. Questions about pointe? Contact Miss Tiffani - tlawrence@mcfetridgesportscenter.net

Ballet

1. At least 12 years old, and enrolled in Ballet Teen/Preteen level 2
2. Toe Test Spread toes completely apart from one another, lift big toe independently of others
3. Pencil Test Pencil should be parallel to floor when placed on pointed foot
4. Relevé Test Relevé is high enough that big toe is bent between 60 - 90 degrees
5. Single Leg Heel Raise 20 single leg rises in parallel with full height, technique, and on tempo
6. Single Leg Eyes Closed Balance for 30 seconds in parallel on one foot with eyes closed
7. Passé Relevé 3 count hold of passé relevé with proper technique and alignment
8. Piqué 10 piqués with proper technique and no bend of knee or jump onto foot
9. Double Leg Lower Test Lower legs to at least 45 degrees without back arching
10. Plank Maintain a proper plank for 30 seconds
11. Single Leg Step Out Touch heel to floor 4x per side without dropping pelvis or letting knee fall in
12. Single Pirouette Turn en dehors from 4th in proper alignment with a controlled landing
13. Single Leg Sauté 16 single leg sautés per foot with arms en bas. At least 8 must have proper alignment, landing, and point
14. Airplane Test Plié 5x in parallel airplane pose, bringing hands together at bottom without wobble or knee falling
15. Consistent Alignment Maintain alignment and turnout throughout class without reminding

Behavior

- Focus Level - Work Ethic- Listening Skills - Commitment to practice -