

"I see the sense of achievement the students feel after the exams. My dancers worked quite hard to prepare their exam class, and it was gratifying to see them make improvements and add finesse to their class work. As a teacher, I love receiving feedback from the Examiners and finding ways I can improve my classes. Thank you!"



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NATIONAL TRAINING CURRICULUM

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2022
**A Parent's Guide
to Student
Examinations**

A PARENT'S GUIDE TO STUDENT EXAMINATIONS

In May 2006, the United States Congress officially acknowledged American Ballet Theatre as America's National Ballet Company®. With this honor, ABT is committed to taking a leadership role in dance training in the United States and created the ABT National Training Curriculum.

Studies have shown that ballet training can have astonishing benefits for students, benefits that will stay with them throughout their lives, such as: improved proprioception, coordination, posture and cardiovascular health; as well as discipline and realization of the importance of fulfilling commitments and team-work. Other benefits include self-esteem, communication skills, cultural enrichment and better cognitive abilities, including reading and mathematics.

To raise the quality of training, ABT offers teachers the opportunity to become Certified Teachers of the ABT National Training Curriculum. The ABT National Training Curriculum provides teachers the information and tools needed to implement the best practices in pedagogy, child development, dance psychology and anatomy. To this end the ABT National Training Curriculum established student examinations that provide teachers clear models of what are suitable parameters and expectations.

WHAT ARE ABT NATIONAL TRAINING CURRICULUM STUDENT EXAMINATIONS?

The ABT National Training Curriculum Student Examinations are a graded examination system based on sound ballet principles, incorporating elements of the French, Italian & Russian schools of training.

WHAT OCCURS DURING ABT NATIONAL TRAINING CURRICULUM STUDENT EXAMINATIONS?

An adjudicator from the ABT National Training Curriculum Artistic Board of Examiners will observe the students perform a prepared examination class, which is conducted by the students' ABT Certified Teacher. The students must have the examination class memorized.

THE BENEFITS:

- Examinations serve to assess students' skill level and artistic presentation.
- Students are offered the opportunity to have their achievements in dance recognized through entering into ABT National Training Curriculum Examinations.
- Examinations are a tool to document progress and a way to build confidence in ability.
- Students receive a personalized Rubric with constructive feedback.
- Students also receive a Certificate of Participation with their name, date of the examination, Class Level, and Level of Distinction, if applicable.

HOW CAN STUDENTS PREPARE FOR EXAMINATIONS?

Since the examination class is a culmination of the training the students have received throughout the school year and a way for the students to demonstrate their dedication, students can best prepare for the examinations by:

- Regularly attending their ballet classes
- Adhering to the rigor and ritual required
- Committing to learning and memorizing the work presented by their ABT NTC Certified Teacher
- Demonstrating a joy in dancing and artistic presentation

TEACHER TESTIMONIALS

"Certainly using the [ABT National Training] Curriculum had already made a big difference in the consistency of our instruction, but the exam gave the students purpose."

"After a full day of [ABT Student] ballet exams...I realized I had so much still to learn about teaching classical ballet to a new generation of children."

"Feedback from examiners has proved invaluable and means that our teachers and students continue to improve each year."

"When the certificates arrived and I handed them to students, it was wonderful to see their reaction and how accomplished they felt."

"Examinations have offered a richness to the students' training they would not have received otherwise and has offered me growth as an instructor as well."

"The process was so interesting and the growth and clear delineation of levels was nice to see more clearly. This also helped me to observe the strengths and challenges of our program."

STUDENT TESTIMONIALS

"It was exciting for me to pass the [ABT student] exam...no one I know has ever done that,"
- Student, age 10

"I appreciated the examiner comments section of the student evaluation. The adjustments suggested in this section will be beneficial in refining my technique."
- Student, age 13