



RPM Dance · Year Planning Template

RPM Dance: Annual Year Planner

Use this template alongside your Curriculum Tables and Lesson Plans to map your full year of instruction.

Structure: Four instructional blocks across the year

Purpose: Vocabulary planning, RPM principle focus, advancement tracking, and year-end reflection

How to Use This Template

This planner works best when used alongside your Curriculum Tables and individual Lesson Plans. Follow these steps at the start of each year:

01

Choose Your Level

Open the corresponding Curriculum Table for the level you are planning.

02

Divide the Year into Four Blocks

Divide the year into four blocks of roughly equal length based on your school calendar.

03

Assign Curriculum Items

Assign vocabulary to each block — don't assign everything to Block 1. Spread vocabulary across the year with intentional revisiting.

04

Mark Primary RPM Focus

Mark the primary RPM principle focus for each block — not all 14 principles get equal attention in every block.

05

Track Advancement

Use the Student Readiness Checklist at the end of each lesson plan to track advancement block by block.

Annual Structure Overview

Four instructional blocks provide a consistent rhythm across the year. Adjust week ranges to match your school calendar and available class weeks.

1

Block 1 — Foundation

Weeks 1-9

Establish core exercises; set quality standards; introduce new vocabulary slowly

2

Block 2 — Development

Weeks 10-18

Build complexity; add combinations; begin linking steps

3

Block 3 — Integration

Weeks 19-27

Enchaînements; allegro series; all exercises in center; performance quality

4

Block 4 — Performance Prep

Weeks 28-36

Consolidate; recital preparation; readiness assessment; advancement decisions

- Adjust these ranges based on your school year calendar and how many weeks of class you have.

Block Planning Worksheet

Level: _____

Use one set of the four block worksheets below for each level you teach. Fill in exercises, RPM principle focus areas, and notes as the year progresses.

Block 1

Weeks 1–9:
Foundation

Block 2

Weeks 10–18:
Development

Block 3

Weeks 19–27:
Integration

Block 4

Weeks 28–36:
Performance Prep

Foundation

General Approach: Establish core exercises; set quality standards; introduce new vocabulary slowly.

- POSTURE
- PLACEMENT
- CONTRIBUTION OF JOINTS
- RELEASE

Primary RPM Principles Focus: Posture · Placement · Contribution of Joints · Release · Other:

Barre Exercises to Establish This Block

Exercise	Target Quality Standard	When Reliable ✓

Centre Exercises to Introduce This Block

Exercise	Introduced (Date)	Moving to Center

Notes / Observations

Development

General Approach: Build complexity; add combinations; begin linking steps.

TWO-WAY ENERGY

CIRCULAR PATTERNS

WORKING/POSING BODY

TIMING / ARM/LEG COORDINATION

Primary RPM Principles Focus: Two-Way Energy · Circular Patterns · Working/Posing Body · Timing / Arm/Leg Coordination · Other: _____

New Vocabulary Introduced This Block

Exercise	Date Introduced	Progress Notes

Combinations Built This Block

Barre

Centre

Allegro

Notes / Observations

Integration

General Approach: Enchaînements; allegro series; all exercises in center; performance quality.

RECOIL & REBOUND

DOUBLE LIFT

EQUILIBRIUM

ROTATION AROUND AXIS

SOUND INFLUENCE

Primary RPM Principles Focus: Recoil & Rebound · Double Lift · Equilibrium · Rotation Around Axis · Sound Influence · Other: _____

Enchaînements Developed

Centre
Adagio

Allegro

Grand
Allegro

Pointe Work
(if
applicable)

Notes / Observations

Performance Preparation

General Approach: Consolidate; recital preparation; readiness assessment; advancement decisions.

SOUND INFLUENCE

ALL PRINCIPLES — SUSTAINED QUALITY

Primary RPM Principles Focus: Sound Influence (musical expression) · All principles — sustained quality across full class · Other: _____

Readiness Assessment

Use Student Readiness Checklist from Lesson Plan

Student Name	Checklist Items Demonstrated	Advancement Decision

Recital Choreography Notes

Notes / Observations

Filled Example

Level II — Ages 9–10: Completed Planning Worksheet

This example shows what a completed planning worksheet looks like for Level II. Use it as a reference, not a prescription — your calendar, class frequency, and students will shape your actual plan.

Level: II — Ballet Foundations to Coordination

Block 1

Posture ·
Placement ·
Contribution of
Joints · Release ·
Two-Way Energy

Block 2

Two-Way Energy ·
Circular Patterns ·
Working/Posing
Body · Timing ·
Rotation Around
Axis

Block 3

Recoil & Rebound ·
Double Lift ·
Equilibrium ·
Rotation Around
Axis · Sound
Influence

Block 4

Sound Influence ·
All principles at
performance
quality · Circular
Patterns in
révérence

Example — Block 1

Level II: Foundation (Weeks 1–9)

POSTURE

PLACEMENT

CONTRIBUTION OF JOINTS

RELEASE

Other: Two-Way Energy (introduce in tendu, reinforce throughout)

Barre Exercises to Establish This Block

Exercise	Target Quality Standard	When Reliable ✓
Grand plié (1st, 2nd)	Knees tracking, heels grounded through maximum range	Week 4
Battement tendu from 5th	Clean 5th position close; full foot articulation both directions	Week 3
Dégagé devant & à la seconde	Foot fully off floor; hip stays down; brush has energy	Week 5
Rond de jambe à terre	Continuous circle from the hip; standing leg stable	Week 6
Battement frappé (introduction)	Clean cou de pied wrap; strike is sharp, not swung	Week 8

Centre Exercises to Introduce This Block

Exercise	Introduced	Moving to Center
Pirouette preparation (retiré balance)	Week 2	Week 2 (starts here)
Spotting practice (paddle turns → chaînés prep)	Week 3	Week 3
Chassé en avant into arabesque (low)	Week 6	Week 6

- ❏ Grand plié is new at this level — take time establishing the correct relationship between hip rotation, heel placement, and pelvis. Students who learned plié at Level I with a posterior tuck will need this corrected before it becomes fixed. Frappé can be introduced Week 7–8 if the group is solid on fundamentals; hold it if not.

Example — Block 2

Level II: Development (Weeks 10–18)

TWO-WAY ENERGY

CIRCULAR PATTERNS

WORKING/POSING BODY

TIMING / ARM/LEG COORDINATION

Other: Rotation Around Axis (pirouette begins in earnest this block)

New Vocabulary Introduced This Block

Exercise	Date Introduced	Progress Notes
Battement fondu (barre)	Week 10	Emphasize simultaneous bend/extend; common error is sequential
Rond de jambe en l'air (demi)	Week 12	Thigh stays still; oval is in the lower leg only
First pirouette en dehors (prep + ¼ turn)	Week 11	Focus on alignment and retiré placement before adding rotation
Pas de basque (glissade introduction)	Week 14	Teaches weight shift through space; prep for grand allegro
Sous-sus / relevé in 5th	Week 13	Leads directly into pirouette preparation combinations

Combinations Built This Block

Barre

Tendu → dégagé → frappé sequence (2 counts each); builds through the foot in order of complexity. Use this to reinforce that each step uses the previous as foundation.

Centre

Chassé → pas de bourrée → sous-sus → pirouette preparation (hold retiré 4 counts) → close 5th. Keep the turns as preparation-only for most students through Week 15.

Allegro

Sissonne simple (introduction) + échappé sauté in a 4-count phrase. Add glissade as a traveling connector by Week 17.

- ❑ Pirouettes tend to dominate teacher attention at this level — resist the temptation. A student with a clean sous-sus, a stable retiré, and a reliable spot will turn better than a student who has drilled pirouettes without the foundations. Save the bulk of turn work for Block 3.

Example — Block 3

Level II: Integration (Weeks 19–27)

RECOIL & REBOUND

DOUBLE LIFT

EQUILIBRIUM

ROTATION AROUND AXIS

SOUND INFLUENCE

Other: Arm/Leg Coordination in all travelling combinations

Enchaînements Developed

Centre Adagio

Port de bras forward and back → développé devant (hold) → close through retiré → arabesque balance (4 counts) → tombé pas de bourrée. Add épaulement by Week 23.

Allegro

Glissade → assemblé × 4; then add sissonne ouverte as a traveling variation. Build to a 16-count petit allegro phrase by Week 25.

Grand Allegro

Chassé → pas de bourrée → glissade → grand jeté (introduction). Keep the jeté as a directional leap — length over height at this stage.

Pointe Work

N/A for Level II — readiness assessment for III Pointe happens in Block 4.

- ☐ This is the block where musicality either develops or stalls. Use varied repertoire: slow 3/4 for adagio, fast 2/4 for petit allegro. If students are only responding to a single tempo, they've memorized the exercise, not internalized it. Change the music.

Example — Block 4

Level II: Performance Preparation (Weeks 28–36)

SOUND INFLUENCE

ALL PRINCIPLES — SUSTAINED QUALITY

Other: Circular Patterns in révérence and performance sequences

Readiness Assessment

Use Student Readiness Checklist from Lesson Plan

Student Name	Checklist Items Demonstrated	Advancement Decision
<i>(your student)</i>	All barre items consistent; pirouette prep reliable; spot present	Advance to Level III
<i>(your student)</i>	Barre solid; grand jeté not yet consistent; tendu close rushing	Stay Level II — consolidate allegro
<i>(your student)</i>	All items; pointe readiness checklist initiated	Advance + begin III Pointe evaluation

Recital Choreography Notes

Use the allegro vocabulary from Block 3 as the core movement material. Avoid introducing new steps in choreography — the goal is *performing* what they know, not learning under pressure.

- ❑ Block 4 is not a slowdown — it's consolidation at performance quality. Class should feel like a run-through, not a workshop. Raise the standard on everything that was introduced in Blocks 1–3.

Weekly Rhythm Guide

A suggested template for how to distribute class emphasis across the week. Adapt to your school's schedule.

3x / Week Schedule

Day	Emphasis
Monday	Full barre + centre adagio + turns
Wednesday	Full barre + allegro (petite and grand)
Friday	Full barre + combination review + révérence

4x / Week Schedule

Day	Emphasis
Monday	Full barre (all exercises) + centre port de bras
Tuesday	Barre review + adagio + turning section
Thursday	Barre + petite allegro + grand allegro
Saturday	Full class at performance quality + révérence

5x / Week Schedule (Levels VI–VIII)

Day	Emphasis
Monday	Full barre + adagio
Tuesday	Barre + turns (pirouettes, piqué, chaînés)
Wednesday	Barre + petite allegro
Thursday	Barre + grand allegro + pointe
Friday	Full class at performance tempo + artistic emphasis

RPM Principles — Year-Long Integration Notes

Use this section to note which principles need more attention at each level this year. Update as the year progresses.

Principle	Block 1 Status	Block 2 Status	Block 3 Status	Block 4 Status
Posture (1)				
Placement (2)				
Body Usage — Neutral (3)				
Body Usage — Release (3)				
Body Usage — Circular Patterns (3)				
Two-Way Energy (4)				
Working/Posing Body (5)				
Recoil & Rebound (6)				
Contribution of Joints (7)				
Double Lift (8)				
Equilibrium (9)				
Rotation Around Axis (10)				
Arm/Leg Coordination (11)				
Sound & Movement (12)				
Levels (13)				
Timing (14)				

Year-End Reflection

Complete at the end of the year. Use this to improve planning for the next cycle.

Vocabulary — Well Established

Which vocabulary items were well-established by the end of the year?

Vocabulary — Needs More Time

Which vocabulary items need more time next year?

RPM Principles — Greatest Growth

Which RPM principles showed the most growth?

RPM Principles — Needs Attention

Which RPM principles need more consistent attention next year?

Advancement Decisions

Category	Students
Students advancing to Level ___	
Students staying at Level ___ for additional development	
Students recommended for additional work	



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