

# Gifted and Talented Dance Program

## External Submission Guidelines and Filming Instructions Entry in 2025

Please use the below instructions to help you submit your child's Dance application.

### What to include in your submission

1. [Student Details form](#)
2. A copy of your child's latest school report (Semester 2, 2023)
3. A recording of your child completing all the required dance exercises. Refer to the Filming Instructions on this document.

### Saving your files

**All files should be included on a USB and mailed to the Gifted and Talented Selection Unit.**

Please scan the paper documents and save to your USB. Name the files as below:

SURNAME Firstname Student Details Form  
SURNAME Firstname School Report

Please save the video in a format that can be played on a PC. Name the file as below:

SURNAME Firstname Dance Application Video

### How to submit

USB submission should be mailed to:

Arts Selection Officer – Gifted and Talented  
Department of Education  
151 Royal Street  
EAST PERTH WA 6004

We recommend you use Registered mail or Express Post so your submission can be tracked.

*Please call the Gifted and Talented Selection Unit on 9264 5836 or email [gtsu@education.wa.edu.au](mailto:gtsu@education.wa.edu.au) if you need assistance or advice.*

*We wish your child all the best with the selection process.*

## Filming Instructions

All recordings must have full sound and clear video. Most smart phones and tablets are suitable for use.

### What to wear

Please wear comfortable, form-fitting clothing suited to a dance workshop, for example leggings or shorts with a form-fitting shirt, or for ballet leotard, pink tights and ballet shoes (girls) OR ballet shorts or footless tights, fitted white shirt, vest or leotard and ballet shoes (boys). Contemporary exercises should be performed in bare feet. Applicants must not wear jeans, skirts or dresses. Hair is to be tied back and no jewellery or make-up is to be worn.

### What to film

Applying for Contemporary ↓	Applying for Ballet ↓	Applying for both styles ↓
<p><b>State your name and why you want to enter the program</b></p> <p>Head and shoulder camera shot</p>	<p><b>State your name and why you want to enter the program</b></p> <p>Head and shoulder camera shot</p>	<p><b>State your name and why you want to enter the program</b></p> <p>Head and shoulder camera shot</p>
<p><b>Complete the 6 Contemporary exercises</b> demonstrated in the instruction video. You can also refer to the written instructions at the end of this document to help you (<i>page 6-7</i>)</p> <p>Camera showing full body</p>		<p><b>Complete the 6 Contemporary exercises</b> demonstrated in the instruction video. You can also refer to the written instructions at the end of this document to help you (<i>page 6-7</i>)</p> <p>Camera showing full body</p>
	<p><b>Complete the barre work and centre work exercises</b> demonstrated in the instruction video. You can also refer to the written instructions at the end of this document to help you (<i>page 8-10</i>)</p> <p>Camera showing full body</p>	<p><b>Complete the barre work and centre work exercises</b> demonstrated in the instruction video. You can also refer to the written instructions at the end of this document to help you (<i>page 8-10</i>)</p> <p>Camera showing full body</p>
<p><b>Complete the 7 Alignment and Flexibility exercises</b> shown below in this document (<i>page 3-4</i>)</p> <p>Camera showing full body</p>	<p><b>Complete the 7 Alignment and Flexibility exercises</b> shown below in this document (<i>page 3-4</i>)</p> <p>Camera showing full body</p>	<p><b>Complete the 7 Alignment and Flexibility exercises</b> shown below in this document (<i>page 3-4</i>)</p> <p>Camera showing full body</p>
<p><b>Complete the Creative Composition task</b> as explained below in this document (<i>page 5</i>)</p> <p>Wide angle shot. Do not pan or zoom. Record as if you are performing to an audience.</p>	<p><b>Complete the Creative Composition task</b> as explained below in this document (<i>page 5</i>)</p> <p>Wide angle shot. Do not pan or zoom. Record as if you are performing to an audience.</p>	<p><b>Complete the Creative Composition task</b> as explained below in this document (<i>page 5</i>)</p> <p>Wide angle shot. Do not pan or zoom. Record as if you are performing to an audience.</p>

## Resources included in this document

Page 3	Link to Contemporary Instruction Video
Page 3	Link to Ballet Instruction Video and Music tracks
Page 4-5	Alignment and Flexibility Exercises
Page 6	Creative Composition Instructions
Page 7-8	Written Instructions for Contemporary Exercises and links to music
Page 9-11	Written Instructions for Ballet Exercises

## Contemporary Instruction Video

[Dance external ballet instruction video 2025 entry](#)

## Ballet Instruction Video

[Dance external contemporary instruction video 2025 entry](#)

## Ballet Music Tracks

[Arts testing - Department of Education](#)

[Dance ballet track 1 plie – barre](#)

[Dance ballet track 2 tendu from first – barre](#)

[Dance ballet track 3 tendu from fifth – barre](#)

[Dance ballet track 4 battement jete – barre](#)

[Dance ballet track 5 ronde jambe a terre – barre](#)

[Dance ballet track 6 adage – barre](#)

[Dance ballet track 7 grade battement – barre](#)

[Dance ballet track 8 port de bras and adage](#)

[Dance ballet track 9 tendu with pirouette - centre](#)

[Dance ballet track 10 waltz en diagonale – centre](#)

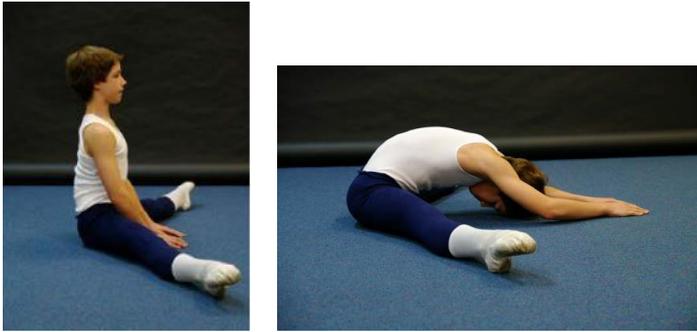
[Dance ballet track 11 small jump](#)

[Dance ballet track 12 travelling jump side to side](#)

[Dance ballet track 13 reverence](#)

## Alignment and Flexibility Exercises

<p><b>POSITION 1: Postural Alignment</b></p> <p>Candidate faces the camera in a neutral position – arms by the side and feet parallel (together). By quarters, turn to face the side, back and front again. Hold each position for three seconds.</p>	
<p><b>POSITION 2: Achilles</b></p> <p>Demi plie in closed parallel (feet together) side angle, followed by demi plie in turnout.</p>	
<p><b>POSITION 3: Hip Rotation and Back</b></p> <p>Frog position (back upright and then bending forward over the legs)</p>	
<p><b>POSITION 4: Hamstrings, Back and Feet</b></p> <p>L-sit position, legs extended forward, point toes for three seconds, then bend body over legs before returning to beginning position.</p>	

<p><b>POSITION 5: Back</b> Lay on stomach, face to floor, then lift up to arch the back.</p>	
<p><b>POSITION 6: Adductors</b> Sit on the floor in second position (upright and then bending forward)</p>	
<p><b>POSITION 7: Hamstring</b> Face up, long body and then lift leg for hamstring stretch (right and left)</p>	

## Creative Composition Instructions

Create a short dance (up to 45 seconds) using movement to communicate ideas related to the words in the Word Bank below.

1. Select **4 words** to inspire your movement:

POP	GLIDE	SLITHER	BUBBLE
SQUISH	BLAST	EXPLODE	TICKLE
SLINK	SNAP	CREEP	CRACKLE

2. Explore movement to demonstrate your chosen words.
3. Be as creative as you can and consider how you can use different body shapes and levels to show your words through movement. You could also consider using different dynamic qualities and tempos.
4. Practise your dance with music of your choice.
5. Record your dance.

## Written Instructions for Contemporary Exercises

### Track 1 SPINAL ROLL

- 1-8 Spinal roll rown
- 1-8 Spinal roll up
- 1-4 Spinal roll down
- 5-8 Spinal roll up
- 1-2 Spinal roll down
- 3-4 Spinal roll up
- 5-6 Spinal roll down
- 7-8 Spinal roll up
- 1-4 Bring arms up to second
- 5-8 Lateral flexion to the right
- 1-4 Return to centre
- 5-8 Lateral flexion to the left
- 1-4 Flat back
- 5-8 Arm extend to second
- 1-4 Drop arm down
- 5-8 Roll up the spine
- 1-4 Roll down the spine
- 5-8 Walk out to plank
- 1-4 Side plank to the right with extended arm
- 5-8 Return to centre
- 1-4 Side plank to the left
- 5-8 Return to centre
- 1-4 Walk hands back
- 5-8 Roll up the spine

Music – *Heatwave* by Glass Animals

<https://youtu.be/mRD0-GxgHVo>

### Track 2 ARM SWING

- 1-4 Left hand in front wrap
- 5-8 Right hand in front wrap. Repeat 8 times
- 1-4 Left hand in front wrap in second position
- 5-8 Right hand in front wrap in second position. Repeat 8 times
- 1-4 Right arm over
- 5-8 Left arm over. Repeat 8 times
- 1-4 Right arm back
- 5-8 Left arm back. Repeat 8 times
- 1-4 Figure of 8 on the floor (bending through the knees). Repeat 8 times
- 1-8 Come up the body with relaxed side swing
- 1-4 Transfer weight forward and back from parallel – right leg
- 5-8 Transfer weight to the side and back – right leg.  
Repeat other side

Music – *Tangerine* by Glass Animal

<https://youtu.be/Vlq7mDXfUXM>

### Track 3 FOOT ARTICULATION AND TENDU

- 1-2 Right foot demi press, no plie
  - 3-4 Right foot press with plie
  - 5-8 Press and rise to the other side. Repeat on the left
  - 1-4 Demi, peel the heels off, rise and lower. Repeat
  - 1-16 Tendu en croix – parallel position. Repeat left leg
  - 1-2 Rotate right leg
  - 3-4 Rotate left leg
  - 5-6 Rise
  - 7-8 Lower
- Repeat the exercise in turnout

Music - Fugue by Jumo Hyle

<https://youtu.be/WPfGfhBbjVY>

### Track 4 WARM UP JUMP

- 1-4 4 Jumps in turn out
  - 5-8 4 Jump in parallel
  - 1-2 2 turn out
  - 3-4 Parallel
  - 5 Turn out
  - 6 Parallel
  - 7 Turn out
  - 8 Turn out
  - 1-4 Step hop with the right leg forward, step back
- Repeat the other side x 2

Music- The moon chant by Marco Shuttle

<https://youtu.be/QHVvaQMvvi-Y>

### Track 5 TRAVEL PROGRESSIONS

- Progression 1: 1-4 Tucked roll across bottom x 8
- Progression 2: 1-6 Jump tucked roll across bottom x 8
- Progression 3: 1-16 Log roll

Music – Apricots by Bicep

<https://youtu.be/zHCF7W00DOQ>

### Track 6 PROGRESSIONS FROM CORNER

- Progression 1: 1-4 2 Runs, step hop knee in – Repeat
- Progression 2: 1-4 2 runs, step hop temps levé – Repeat
- Progression 3: 1-8 Combination of both - Repeat

Music - K +D+B by the chemical Brothers

[https://youtu.be/\\_xuG6khuVHY](https://youtu.be/_xuG6khuVHY)

## Written Instructions for Ballet Exercises

### **BARRE WORK** *(left and right sides of all exercises must be shown)*

#### **Track 1      Plié**

Introduction - Prepare arm to second position

- 1-4 Two demi – with port de bras – (2 count each plié)
- 5-8 One full plie – with full port de bras
- 1-4 1 Rise - arms to first position
- 5-8 Tendu to change  
Repeat first and second.
- 1- 4 Fourth position: two demi
- 5-8 Two demi with small movement of upper body (forward/backward)
- 1-4 Rise - arms to first position
- 5-8 Tendu to change
- 1-8 Fifth position is same as in first with balance held at the end.

#### **Track 2      TENDU FROM FIRST (En croix)**

Introduction – Prepare arm to second position

- 1-4 2 x battement tendu devant
- 5-8 2 x battement tendu second
- 1-4 2 x battement tendu derriere
- 5-8 Rise in first (5,6), demi plie (7,8) – arms to first  
Repeat whole exercise.

#### **Track 3      TENDU FROM FIFTH (En croix)**

Introduction – Prepare arm to second position

- 1-4 One battement tendu devant in two counts
- 5-8 Two tendu devant in one count  
Repeat second and derriere
- 1-4 Two tendu second, closing fifth
- 5-8 Tendu derriere, two cloche (devant/derriere)  
Complete exercise in reverse  
Last 8 counts – petit retire balance on flat foot.

#### **Track 4      BATTEMENT JETE**

Introduction – Prepare arm to second position

- 1-4 Two battement jete devant in one count
- 5-8 One jete devant (5), pique pointe (6), close (7), hold (8)  
Repeat second and derriere
- 1-4 Three Jetes to first, close plie fifth devant, use head when closing fifth
- 5-8 Repeat same closing fifth derriere  
Repeat whole exercise in reverse.

### **Track 5      RONDE JAMBE A TERRE (from first with fondu combined)**

Introduction – Prepare arm to second position

- 1-4    One rond de jambe a terre en dehors
- 5-8    Repeat
- 1-4    Two rond de jambe a terre en dehors in two counts each
- 5-8    Brush through first position to degage devant 45 degree – arm to fifth – lower tendu devant  
Reverse all rond de jambe en dedan (\* leg rond from derriere to second on count 8)
- 1-4    One fondu devant to 45 degrees  
Repeat en croix, in second close to first
- 1-4    Port de bras forward
- 5-8    Recover
- 1-4    Cambre in four counts
- 5-8    Rise balance in arms in fifth position.

### **Track 6      ADAGE**

Introduction – Prepare arm to barre

- 1-8    One developpe devant, arm to fifth
- 1-6    One developpe second, lower tendu on count 6, turn to face barre on 7, close fifth on 8
- 1-8    One developpe derriere, close to fifth
- 1-4    Plie, rise to fifth relevé
- 5-8    Plie, turn to left side, relevé fifth, arm to fifth  
Repeat all left.

### **Track 7      GRANDE BATTEMENT**

Introduction – Prepare arm to second position

- 1-4    Two grand battement devant in two counts (\* battement lowers to tendu before closing fifth)
- 5-8    Repeat second
- 1-4    Repeat derriere
- 5-8    Two retire passe  
Repeat in reverse.

## **CENTRE WORK**

### **Track 8      PORT DE BRAS (fifth croise)**

Introduction chasse forwards to tendu derriere arms to demi-second

- 1-4    Three steps forward (starting left leg), to tendu derriere, step fifth on rise  
*Arms:* 1 – left arm to second, 2- right arm to second, 3- hold in second  
Four steps to rise fifth croisé, arms to fifth
- 5-8    Open arms to second and lower to fifth position, arms bras bas
- 1-2    Arms to first
- 3-4    Arms to third position with left arm up
- 5-6    Open arm to second position (head follows arm)
- 7-8    Breath to lower both arms bras bas
- 1-4    Right leg developpe devant, arms to third position
- 5-8    Battement cloche to first arabesque efface
- 1      Close fifth derriere enface
- 2-6    Developpe a la second (left leg), close fifth
- 7-8    Prepare for left side  
Repeat all to left.

### **Track 9      TENDU WITH PIROUETTE (fifth croise)**

Introduction arms to third

- 1-4    Two tendu devant croisé
- 5-8    Two tendu derrière – arms to first arabesque
- 1-2    En face: one tendu second, close fifth front
- 3-4    1 tendu second, rond to fourth plié
- 5-8    Relevé in 4<sup>th</sup>, lower, single pirouette en dehors  
Repeat all to left.

### **Track 10     WALTZ EN DIAGONAL**

Prepare from fifth position, left foot front. Chasse to tendu croise derriere, arms from first to second position.

- 1-2    Two waltzes right and left, arms to third position with head turning to direction of waltz
- 3-4    Tombe pas de bouree to fifth position, croise in plie, \*(arms open to 2nd position on tombe, lower to bras bas in fifth position plie)
- 5      Chasse devant to tendu croise derriere, arms in arabesque position
- 6      Plie in fourth position, arms in third position
- 7-8    Single pirouette en dehors, close fifth plie. \*(arms finish in second position)  
Repeat same to left side

### **Track 11     SMALL JUMP**

Introduction arms bras bas

- 1-4    Four sautés in first
- 5-8    Four sautés in second
- 1-4    Four changements in fifth
- 5-8    Relevé fifth position and port de bras arms to fifth  
Repeat.

### **Track 12     TRAVELLING JUMP SIDE TO SIDE**

Introduction arms to second left leg tendu croisé derrière

- 1-2    Temps levé with right leg in first arabesque, gallop facing front
- 3-4    Temps levé left leg devant (arms to fifth), gallop facing sideways
- 5-6    Repeat sequence facing opposite wall
- 1-2    Temps levé with right leg in first arabesque, gallop facing front
- 3-4    Step to fifth on rise left leg front, arms to fifth
- 5-8    Tombé pas de bourrée, glissade, grande jeté.

### **Track 13     REVERENCE**

Start with left foot front in 5th position (en face), arms bras bas

- 1-2    Step onto right foot sideways to tendu left leg in second, right arm from first to second position
- 3-4    Left leg petit retire to tendu derriere croise, left arm also opens from first to second position
- 5-6    Curtsy with back knee bending to cross behind front leg, arms to demi-bras
- 7-8    Temps lie en arriere through fourth position to tendu right leg croise devant, arms from first to second position, head follows the arms  
Repeat all to the other side, end with closing in fifth position croise, arms lower to bras bas.