

Pointe Readiness Assessment

The dancer should meet the criteria and pass the tests below to begin pointe work. This assessment should be used with their teachers' consideration, and the dancer should not have any pain. We recommend the dancer wait until they are 12 years old to begin pointe work with 11 years old being the minimum age to begin. The dancer should have three years of dance training with at least two hours of ballet per week for this assessment. The dancer can schedule an appointment with a Texas Children's sports medicine provider for additional guidance at **832-227-7678** or [texaschildrens.org/sports](https://www.texaschildrens.org/sports).

Single leg balance

- Single leg balance in turned out passé for 30 seconds on both sides – no loss of balance

20 Elevés

- 20 elevés in parallel coupé on both sides with one hand on barre – full height must be maintained

Airplane test

- Begin by standing in parallel and bringing both arms to 90 degrees of abduction (second position arms). Move to a flat-back arabesque position, keeping the chest parallel to the ground and hips square. The dancer's visual gaze should stay on the floor during the exercise.
- Instruct the dancer to complete 5 consecutive demi-pliés at a pace of 4 seconds each. The hands should slowly move down towards the ground during the plié and back to second position while straightening the knee.
- Evaluate the dancer's performance using the following criteria: no turnout in either leg, spine remains in neutral, shoulder and hips are square to the floor, no loss of balance or tipping over. The ability to perform the movement with these criteria on both sides indicates a passing score.



Sauté test

- Standing in parallel with hands on opposite shoulders, lift one leg into a detached coup du pied position.
- Instruct the dancer to complete 8 consecutive sauté jumps. They should straighten their stance knee in the jump and point their foot completely at the height of each jump.
- The dancer passes the test if they execute the jumps with the described mechanics and maintain neutral leg alignment on both sides. The dancer fails the test if they unfold their arms for assistance, do not achieve maximal height or hike their pelvis.

Pencil test

- While sitting, the dancer places their legs straight in front of them, points their feet and holds the position.
- The tester places a pencil at the dorsal talar neck (highest point of the foot).
- The dancer passes the test if the pencil clears the lower part of the tibia on both sides (lower leg).



Lunge test

- The dancer faces a wall and kneels with the test side in front. The dancer lunges forward towards the wall keeping the knee in line with the second toe while maintaining the heel on the floor.
- The dancer passes the test if they achieve tapping their knee to the wall with the maximum distance of their big toe to the wall is less than 2cm different side to side.

