

Demi Plié and Grand Plié Assessment

As well as observing the dynamics of the foot en fondu, a simple demi plié and grand plié often tells us a lot about how a student can control their hips, feet, trunk and legs. Correct execution of a plié is the basis for so many other steps, and correct alignment en fondu will help guard against most knee injuries.

Dancers' Details			
Dancers Name:			
D.O.B		Date of Assessment:	
Current Injuries:			
Past Injuries:			

Demi Plié in First		
Assessment Point	Left	Right
Head and Neck		
Chest Position		
Shoulder Placement		
Low Abdomen		
Pelvis Vertical		
Turnout Control Through Range		
Soft at Front of Hips		
Leg Alignment		
Soft Front of Ankles		
Heels Remain on the Floor		
Arch Deformation en Fondu		
Toes Long and Relaxed		
Arch Reforms in Standing		
Any Audible Sounds?		
Any Pain?		

Grand Plié		
Assessment Point	Left Foot Front	Right Foot Front
Head and Neck		
Chest Position		
Shoulder Placement		
Relaxed Breathing		
Low Abdomen		
Pelvis Vertical		
Turnout Control Through Range		
Weight Placement on Feet		
Ankle Stability on Half Rise		
Pelvic Placement at Depth of Plié		
Control of Full Range (no sitting)		
Any Audible Sounds?		
Any Pain?		

Main Areas to Work On

Recommended Exercises