



**Australian Government**

# **CUADAN504 Perform ballet solo variations**

**Release: 2**

## CUADAN504 Perform ballet solo variations

### Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package version 1.0.

### Application

This unit describes the performance outcomes, skills and knowledge required to add range, depth and increasing complexity to classical ballet technique in solo performances.

At this level, dancers are challenging themselves with solo dance pieces, variations and repertoire of increasing technical and physical complexity.

While some supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to be self-directed and display a high level of motivation, ballet technique and responsibility for themselves and others.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

### Unit Sector

Performing arts - dance

### Elements and Performance Criteria

Elements	Performance Criteria
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Maintain a physical conditioning program	1.1 In consultation with teachers or mentors, set realistic physical conditioning goals aimed at improving own dance technique 1.2 Use a range of techniques to improve stamina, strength and flexibility 1.3 Identify risk factors that may inhibit the achievement of goals

	<p>and seek professional advice as required</p> <p>1.4 Take fatigue and personal limitations into account when undertaking physical conditioning program</p> <p>1.5 Observe safe dance practice by performing warm-up and warm-down activities in conjunction with dance activities</p>
2. Practise ballet technique of increasing difficulty	<p>2.1 Apply increasingly difficult ballet techniques across each section of class work</p> <p>2.2 Develop increasingly complex performance attributes</p> <p>2.3 Show developed strength and complexity in footwork, including pointe work as required</p> <p>2.4 Execute complex variations of ballet repertoire with accuracy</p> <p>2.5 Exhibit physical learning and adaptability to incorporate unseen combinations with speed and verve across different teaching methods</p>
3. Practise solos from classical ballet repertoire	<p>3.1 Analyse the context of chosen solo pieces</p> <p>3.2 Display complex variations, repertoire and technical articulation</p> <p>3.3 Convey a high level of spatial awareness appropriate to solo work</p> <p>3.4 Accomplish solo work with developing musical individuality and expression</p> <p>3.5 Present variations and repertoire with a high level of stage presence and confidence across ballet styles and genres</p> <p>3.6 Reveal increasing levels of muscularity, strength and stamina in gender-specific vocabulary as required</p>
4. Apply technique in performances	<p>4.1 Undertake preparations appropriate to performance contexts</p> <p>4.2 Ensure that personal presentation is appropriate to performance contexts</p> <p>4.3 Prepare for competitions and auditions as required</p> <p>4.4 Apply performance psychology techniques to preparations</p> <p>4.5 Rehearse solo dance sequences to be performed</p> <p>4.6 Maintain focus to produce solo performances that show well-developed rhythm and musicality</p> <p>4.7 Convey choreographic intent of dance through expression and precise execution of ballet dance techniques</p> <p>4.8 Contribute to debriefing sessions to evaluate the quality of performances and to discuss ways of improving individual and</p>

	ensemble technique
5. Maintain expertise in solo ballet techniques	<p>5.1 Apply professional work ethic to practice and performance activities</p> <p>5.2 Incorporate injury-prevention techniques into dance and movement activities</p> <p>5.3 Use feedback from others to identify and develop ways to improve own ballet dance technique and group work</p> <p>5.4 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique</p> <p>5.5 Incorporate ballet terminology and history into discussions, and practice and performance activities</p>

## Foundation Skills

*This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.*

Skill	Performance Criteria	Description
Learning	1.1, 5.3, 5.4	<ul style="list-style-type: none"> <li>Seeks the views and opinions of others to develop own understanding</li> <li>Analyses feedback, reviews personal goals and reflects on learning and performance</li> <li>Gains insight from previous experience and from viewing the performances of others</li> </ul>
Reading	3.1, 5.5	<ul style="list-style-type: none"> <li>Interprets information about solos to be performed</li> </ul>
Oral communication	1.1, 1.3, 4.8, 5.5	<ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> <li>Discusses ideas and solutions</li> </ul>
Navigate the world of work	1.4, 1.5, 4.3, 5.1, 5.2, 5.3, 5.4	<ul style="list-style-type: none"> <li>Follows accepted industry practices in relation to safe dance practices, injury-prevention strategies and general work ethic</li> <li>Takes responsibility for own ongoing professional and career development</li> </ul>
Interact with others	1.1, 1.3, 4.8, 5.3, 5.5	<ul style="list-style-type: none"> <li>Works collaboratively to develop and improve dance techniques</li> <li>Communicates mood and style of dance to</li> </ul>

		audiences
Get the work done	1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.1, 5.2	<ul style="list-style-type: none"> <li>• Adopts a methodical, disciplined and positive approach to physical conditioning program, dance classes, performances and evaluation of own skill development</li> <li>• Works creatively with music and dance</li> <li>• Responds to different time signatures</li> <li>• Displays high level of competency in each section of class work</li> <li>• Employs physical control throughout solo performances</li> <li>• Maintains correct posture, weight placement and alignment in fully rotated turn-out position</li> <li>• Shows alignment and extensions in highly difficult combinations</li> <li>• Performs complex movement sequences on both sides of the body</li> <li>• Shows skills and speed in directional changes</li> <li>• Displays a high level of spatial awareness in group movements</li> <li>• Exhibits a high level of coordination of limbs, torso and head</li> <li>• Exhibits confidence in creating movement sequences</li> <li>• Takes steps to minimise risk of injury through appropriate physical conditioning program</li> </ul>

## Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN504 Perform ballet solo variations (Release 2)	CUADAN504 Perform solo variations (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of training package.	Equivalent unit

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>