



**Australian Government**

# **CUACIR301 Perform basic on-ground acrobatic techniques**

**Release: 1**

## CUACIR301 Perform basic on-ground acrobatic techniques

### Modification History

Release	Comments
Release 1	This version first released with <i>CUA Live Performance and Entertainment Training Package Version 1.0</i> .

### Application

This unit describes the performance outcomes, skills and knowledge required to perform basic on-ground acrobatic techniques in settings such as community circus, physical theatre, traditional circus, new-wave circus and street theatre. Circus performers and others who use basic acrobatic skills could be entertaining audiences as soloists, with a partner, or as members of a group.

At this level work is normally supervised, though some autonomy and judgement can be expected in live performance situations.

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

### Unit Sector

Performing arts – circus skills

## Elements and Performance Criteria

<b>Elements</b> <i>Elements describe the essential outcomes.</i>	<b>Performance Criteria</b> <i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Prepare for basic acrobatic sessions	1.1 Select clothing and footwear suitable to session 1.2 Select, inspect and test equipment for safety and relevance 1.3 Check performance spaces for safety and report safety issues to relevant personnel 1.4 Perform safe warm-up exercises and mental preparation techniques to prepare body and mind for routines 1.5 Clean or clear performance area to ensure safety of performers
2. Participate in basic acrobatic skills routines	2.1 Correctly apply <i>technical skills</i> to <i>basic acrobatic movements</i> 2.2 Perform sequences of routines smoothly and in line with safe movement practice 2.3 Safely perform landings 2.4 Participate in pair and group routines as required
3. Conclude basic acrobatics sessions	3.1 Perform safe warm-down exercises 3.2 Return performance area to original condition 3.3 Store equipment to maintain quality and reliability
4. Review basic acrobatic skills performance	4.1 Evaluate own performance in session to assess level of performance and skill development needs 4.2 Use feedback from others to identify and develop ways to improve own basic on-ground acrobatic skills 4.3 Set realistic goals for improvement and develop strategies to achieve them

## Foundation Skills

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

<b>Skill</b>	<b>Performance Criteria</b>	<b>Description</b>
Learning	4.1, 4.2, 4.3	<ul style="list-style-type: none"> <li>Analyses feedback, reflects on performance, and develops strategies for refining techniques</li> <li>Identifies performance goals and strategies for achieving them</li> </ul>
Oral communication	1.3, 4.2	<ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> </ul>
Navigate the world of work	1.1, 1.2, 1.3, 1.3, 1.4, 1.5, 2.3, 3.1, 3.2, 3.3, 4.3	<ul style="list-style-type: none"> <li>Follows accepted industry practices in relation to safe movement practices and injury-prevention strategies</li> <li>Takes responsibility for own ongoing skill development</li> </ul>
Interact with others	1.3, 2.4, 4.2	<ul style="list-style-type: none"> <li>Works collaboratively with others involved in acrobatic classes and performances</li> </ul>
Get the work done	1.1, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3	<ul style="list-style-type: none"> <li>Adopts a logical and methodical approach to the process of developing acrobatic skills for performance</li> <li>Combines basic on-ground acrobatic and gymnastic skills for performance</li> <li>Develops muscle memory</li> <li>Performs fluid and controlled body movements</li> </ul>

## Range of Conditions

*This section specifies different work environments and conditions that may affect performance. Essential operating conditions that may be present (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) are included.*

<b>Technical skills</b> must include:	<ul style="list-style-type: none"> <li>• balance</li> <li>• body awareness and control</li> <li>• controlled and fluid movements</li> <li>• coordination</li> <li>• flexibility</li> <li>• hand and body positioning</li> <li>• maintaining focus.</li> </ul>
<b>Basic acrobatic movements</b> must include:	<ul style="list-style-type: none"> <li>• basic tumble run</li> <li>• cartwheels</li> <li>• handstands</li> <li>• forward and backward rolls</li> <li>• static and running start-up.</li> </ul>

## Unit Mapping Information

<b>Code and Title Current Version</b>	<b>Code and Title Previous Version</b>	<b>Comments</b>	<b>E/N</b>
CUACIR301 Perform basic on-ground acrobatic techniques	CUAPRF303A Perform basic on-ground acrobatic skills	Updated to meet Standards for Training Packages	E

## Links

Companion volumes are available at: - <http://www.ibsa.org.au>