



Australian Government

CUADAN112 Develop foundational ballet dance techniques

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Application

This unit describes the skills and knowledge required to build a solid foundation in ballet dance technique under the supervision of experienced dancers and dance teachers.

The unit applies to those who have some dance experience. They may have gained this experience in dance classes, amateur performances or community dance activities. They have an aptitude for dance and an interest in developing classical ballet technique.

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

Unit Sector

Performing arts – Dance

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Practise barre work	1.1 Complete warm-up and stretching exercises under guidance of supervisor 1.2 Practise set barre exercises using upper and lower body movements 1.3 Incorporate musicality into exercises
2. Practise centre exercises	2.1 Perform set centre exercises using upper and lower body movements 2.2 Perform adage and pirouettes at a foundational level while demonstrating musicality 2.3 Perform allegro exercises at foundation level, demonstrating spatial awareness, correct breathing and musicality 2.4 Complete cool-down exercises

ELEMENT	PERFORMANCE CRITERIA
3. Perform simple dance sequence	3.1 Select a prepared dance sequence to perform in class under guidance of supervisor 3.2 Identify and convey storyline of selected dance sequence 3.3 Perform the sequence safely with expression and required level of technical ability
4. Review performance and set goals	4.1 Evaluate own performance and development of foundation ballet techniques 4.2 Seek coaching from others and identify areas where own dance technique can be improved 4.3 Set goals for improvement and develop a strategy to achieve them

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.

SKILL	DESCRIPTION
Oral communication	Obtains information by listening and questioning
Self-management	- Completes practice and performance activities in line with agreed program - Applies knowledge of safe dance practice and own abilities to learning and performance activities
Teamwork	Discusses aspects of exercises and dance techniques with colleagues and teachers

Unit Mapping Information

Supersedes and is equivalent to CUADAN102 Develop foundation ballet technique.

Links

Companion Volume Implementation Guide is found on VETNet -

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