CUADAN201 Develop basic dance techniques

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with *CUA Live Performance and Entertainment Training Package Version 1.0*.

Application

This unit describes the performance outcomes, skills and knowledge required to develop basic dance techniques for a limited range of styles under the supervision of a teacher.

Dancers at the beginning of their career apply the skills and knowledge outlined in this unit. They would normally perform as members of a group or ensemble and could be developing technique in dance styles such as ballet, contemporary, jazz, ballroom, tap, cultural or street.

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
Elements describe the essential outcomes.	*Performance criteria describe the performance needed to demonstrate achievement of the element.*
1. Identify basic dance techniques	1.1 Identify principles and characteristics of a range of basic dance techniques
	1.2 Discuss with relevant personnel the range of ways in which dance techniques can be used to create simple movement sequences
	1.3 Identify relationship between dance techniques and accompanying music
	1.4 Identify how dance techniques respond to a range of influences
	1.5 Use dance terminology correctly in discussions
2. Participate in personal warm-up and class preparation	2.1 Select and wear appropriate practice clothing and footwear
	2.2 Develop an appropriate warm-up strategy
	2.3 Complete appropriate warm-up exercises
	2.4 Follow safe dance practices to prevent injury to self and others
3. Practise basic dance techniques	3.1 Demonstrate posture and body alignment appropriate to the dance technique and movement
	3.2 Demonstrate isolation and coordination of the upper and lower body in simple movement sequences
	3.3 Apply locomotor techniques in dance practice sessions
	3.4 Apply a range of techniques that integrate balance, flexibility, coordination, weight transfer, and control and articulation of individual body parts
	3.5 Seek feedback from others about ways to improve basic dance techniques
4. Develop combinations of dance techniques	4.1 Discuss with relevant personnel the combinations of dance exercises to be performed
	4.2 Apply memory retention skills, control and finesse when combining dance techniques within exercises
	4.3 Incorporate musicality and phrasing into dance exercises
	4.4 Seek feedback from others about ways to improve combinations of basic dance techniques
	4.5 Complete appropriate warm-down exercises after dance activities

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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	3.5, 4.4	• Seeks feedback and accepts guidance from relevant personnel
Oral communication	1.2, 1.5, 3.5, 4.1, 4.4	• Obtains information by listening and questioning
Navigate the world of work	1.1, 1.3, 1.4, 2.1, 2.3, 2.4, 4.5	• Applies knowledge of technique and safe dance practices to class work
Interact with others	1.2, 3.5, 4.1, 4.4	• Discusses aspects of exercises and dance techniques with colleagues and teachers
Get the work done	2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2, 4.3, 4.5	• Adopts a methodical and disciplined approach to dance class work • Identifies and applies a range of responses to music through dance movements

Unit Mapping Information

Code and Title Current Version	Code and Title Previous Version	Comments	E/N
CUADAN201 Develop basic dance techniques	CUADAN201A Develop basic dance techniques	Updated to meet Standards for Training Packages	E

Links

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

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