



**Australian Government**

# **CUADAN211 Develop basic dance techniques**

**Release: 1**

## CUADAN211 Develop basic dance techniques

### 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 develop basic dance techniques for a limited range of styles under the supervision of a teacher.

The unit applies to those who are developing technique in dance styles such as ballet, contemporary, jazz, ballroom, tap, cultural and street. They are at the beginning of their career in dance and may perform as members of a group or ensemble.

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. Identify basic dance techniques               | 1.1 Identify principles and characteristics of a variety of basic dance techniques<br>1.2 Identify how dance sequences are used for training and performance in different dance styles<br>1.3 Identify relationship between dance techniques and accompanying music                                      |
| 2. Practise basic dance techniques               | 2.1 Select and wear clothing and footwear required for practising dance<br>2.2 Perform warm-up exercises according to safe dance practices<br>2.3 Practise dance techniques and movements using required posture and body alignment<br>2.4 Practise basic movement sequences demonstrating isolation and |

| ELEMENT                                                  | PERFORMANCE CRITERIA                                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                          | coordination of upper and lower body<br>2.5 Apply locomotor techniques in dance practice session<br>2.6 Seek feedback from others during practice sessions about ways to improve basic dance techniques                                                                                                                                                                                                        |
| 3. Develop and practise combinations of dance techniques | 3.1 Discuss and select with required personnel the combinations of dance exercises to be performed<br>3.2 Combine dance techniques within exercises using memory retention skills, control and finesse<br>3.3 Incorporate musicality and phrasing into dance exercises according to dance combination requirements<br>3.4 Perform warm-down exercises after dance activities according to safe dance practices |
| 4. Evaluate performance of basic dance techniques        | 4.1 Evaluate own performance and development of basic dance techniques<br>4.2 Seek coaching and feedback from others on performance and use of basic dance techniques, and note areas for improvement<br>4.3 Set goals for improving dance techniques 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 | <ul style="list-style-type: none"> <li>• Obtains information by listening and questioning</li> </ul>                                                                                                                                                                                          |
| Self-management    | <ul style="list-style-type: none"> <li>• Adopts a methodical and disciplined approach to dance class work</li> <li>• Identifies and applies a range of responses to music through dance movements</li> <li>• Applies knowledge of technique and safe dance practices to class work</li> </ul> |
| Teamwork           | <ul style="list-style-type: none"> <li>• Discusses aspects of exercises and dance techniques with colleagues and teachers</li> </ul>                                                                                                                                                          |

## Unit Mapping Information

Supersedes and is equivalent to CUADAN201 Develop basic dance techniques.

## **Links**

Companion Volume Implementation Guide is found on VETNet -

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