



Australian Government

CUADAN511 Refine ballet techniques

Release: 1

CUADAN511 Refine ballet 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 add range, depth and increasing complexity to ballet technique.

The unit applies to those who are consolidating their career where complex ballet technique is required in commercial and competition settings. They may be performing as members of an ensemble; however solo work can also be expected. At this level, they are challenging themselves with dance pieces, variations and repertoire of increasing technical and physical complexity. While some supervision and guidance are provided in practice sessions and rehearsals, they are expected to be self-directed and display a high level of motivation 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. Apply physical conditioning program	1.1 Set physical conditioning goals aimed at improving own dance technique in consultation with required personnel 1.2 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.3 Perform warm-up and cool-down routines in conjunction with physical and dance activities according to safe dance practices 1.4 Build stamina, strength and flexibility using different techniques according to physical conditioning goals

ELEMENTS	PERFORMANCE CRITERIA
	1.5 Note and discuss with required personnel fatigue and personal limitations when undertaking physical conditioning program as required
2. Practise complex ballet techniques	2.1 Apply increasingly difficult ballet techniques during class work, demonstrating alignment and extensions in combinations according to safe dance practices 2.2 Develop increasingly complex performance attributes 2.3 Practise developing strength and complexity in footwork according to requirements of ballet sequence 2.4 Practise performing unseen combinations of movement with speed and verve
3. Present difficult ballet variations	3.1 Present ballet sequence and variations in class in line with rhythms and time signatures commonly used in ballet 3.2 Convey high level of spatial awareness required in solo and ensemble work 3.3 Demonstrate communication and cohesion during ensemble work as required 3.4 Perform solo work demonstrating musical individuality as required
4. Review and determine strategies to develop expertise in ballet technique	4.1 Use self-evaluation and feedback from others and develop strategies to improve own ballet dance technique and group work 4.2 View performances by industry practitioners and identify new ideas and trends that can be applied to own dance practice

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
Learning	Seeks the views and opinions of others and develops own knowledge
Oral communication	- Obtains information by listening and questioning - Uses verbal and non-verbal means when communicating with partner
Initiative and enterprise	- Works creatively with music and dance - Recognises opportunities to develop and apply new approaches to performing ballet
Planning and organising	Adopts a methodical, disciplined and positive approach to physical conditioning program and dance classes

SKILL	DESCRIPTION
Self-management	- Follows industry accepted safe dance practices and injury-prevention strategies - Demonstrates general work ethic - Takes steps to minimise risk of injury through appropriate physical conditioning program
Teamwork	Works collaboratively to develop and improve dance techniques

Unit Mapping Information

Supersedes and is equivalent to CUADAN501 Refine ballet technique.

Links

Companion Volume Implementation Guide is found on VETNet -

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