



Australian Government

CUACIR301 Perform basic on-ground acrobatic techniques

Release: 2

CUACIR301 Perform basic on-ground acrobatic techniques

Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 1.0.

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

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. 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 technical skills to basic acrobatic movements 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.

Skill	Performance Criteria	Description
Learning	4.1, 4.2, 4.3	- Analyses feedback, reflects on performance, and develops strategies for refining techniques - Identifies performance goals and strategies for achieving them
Oral communication	1.3, 4.2	Obtains information by listening and questioning
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	- Follows accepted industry practices in relation to safe movement practices and injury-prevention strategies - Takes responsibility for own ongoing skill development
Interact with others	1.3, 2.4, 4.2	Works collaboratively with others involved

		in acrobatic classes and performances
Get the work done	1.1, 1.4, 1.5, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3	- Adopts a logical and methodical approach to the process of developing acrobatic skills for performance - Combines basic on-ground acrobatic and gymnastic skills for performance - Develops muscle memory - Performs fluid and controlled body movements

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.

Technical skills must include:	- balance - body awareness and control - controlled and fluid movements - coordination - flexibility - hand and body positioning - maintaining focus.
Basic acrobatic movements must include:	- basic tumble run - cartwheels - handstands - forward and backward rolls - static and running start-up.

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUACIR301 Perform basic on-ground acrobatic techniques (Release 2)	CUACIR301 Perform basic on-ground acrobatic techniques (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name	Equivalent unit

Code and title current version	Code and title previous version	Comments	Equivalence status
		of training package.	

Links

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for CUACIR301 Perform basic on-ground acrobatic techniques

Modification History

Release	Comments
Release 2	This version released with CUA Creative Arts and Culture Training Package version 2.0. Updated assessment conditions section. Updated modification history section to reflect changed name of training package.
Release 1	This version first released with CUA Creative Arts and Culture Training Package version 1.0.

Performance Evidence

Evidence of the ability to:

- perform a handstand holding form and shape, held for a beat
- perform a sequence of six to eight forward or backward rolls, and six to eight cartwheels with both static and running start-up
- perform safe and stable landings
- effectively support team members
- follow safe work practices.

Note: If a specific volume or frequency is not stated, then evidence must be provided for each of the above points at least once.

Knowledge Evidence

To complete the unit requirements the individual must:

- describe key health and safety issues to be considered when performing basic on-ground acrobatic skills
- explain how the following relate to acrobatic movements and techniques:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - body positioning
 - folding

- extending
- rotating
- shifting weight
- warm-up and warm-down techniques
- mental focus strategies.

Assessment Conditions

Assessment must be conducted in a safe environment where evidence gathered demonstrates consistent performance of typical activities experienced in creative arts industry environments. The assessment environment must include access to:

- venue with adequate space and a safe level floor or surface
- scatter mats
- spotters (depending on the skill performed).

Assessors of this unit must satisfy the requirements for assessors in applicable vocational educational and training legislation, frameworks and/or standards.

Links

Companion Volume implementation guides are found in VETNet -

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