



Australian Government

CUADAN102 Develop foundation ballet dance technique

Release: 2

CUADAN102 Develop foundation ballet dance technique

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 build a solid foundation in ballet dance technique under the supervision of experienced dancers and dance teachers.

Persons with some dance experience apply the skills and knowledge outlined in this unit. Usually, experience would have been gained in dance classes, amateur performances or community dance activities, often from an early age. However, this unit also applies to individuals with no prior training, but with 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

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. Practise barre work	1.1 Under the guidance of a teacher, perform stretching exercises 1.2 Perform set exercises using upper and lower body movements 1.3 Incorporate a feel for music into exercises 1.4 Use ballet terminology correctly in discussions

2. Practise centre exercises	2.1 Perform set exercises using upper and lower body movements 2.2 Demonstrate musicality while performing adage and pirouettes at a foundation level 2.3 Demonstrate spatial awareness, correct breathing and musicality while performing allegro exercises at a foundation level 2.4 Perform warm-down exercises after dance activity
3. Perform a simple dance sequence	3.1 Under the guidance of a teacher, select a prepared dance sequence to perform in class 3.2 Identify and use the history and storyline of the selected dance sequence 3.3 Perform the sequence with expression and demonstrating appropriate technical ability 3.4 Follow safe dance practices at all times to prevent injury to self and others 3.5 Begin and end the sequence in an appropriate way
4. Review performance	4.1 Evaluate own performance in context of skill development needs 4.2 Use feedback from others to identify and develop ways to improve own dance technique 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	1.1, 3.1, 4.2	Accepts guidance and feedback from others on ways to improve technique
Oral communication	1.1, 1.4, 3.1, 4.2	Obtains information by listening and questioning
Navigate the world of work	3.3, 3.4	Applies a knowledge of safe dance practice and own abilities to learning and performance activities
Interact with others	1.1, 3.1, 4.2	Discusses aspects of exercises and dance techniques with colleagues and teachers

Get the work done	1.2, 1.3, 2.1, 2.2, 2.3, 2.4, 3.1, 3.2, 3.3, 3.5	• Completes practice and performance activities in line with agreed program
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Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN102 Develop foundation ballet dance technique (Release 2)	CUADAN102 Develop foundation ballet dance technique (Release 1)	Updated assessment conditions section. Updated modification history section to reflect changed name of training package.	Equivalent unit

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 CUADAN102 Develop foundation ballet dance technique

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Performance Evidence

Evidence of the ability to:

- perform barre and centre exercises in line with personal capabilities
- perform a simple dance sequence that demonstrates a mastery of foundation ballet dance techniques
- respond to constructive feedback on own performance.

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:

- explain why the following aspects of safe dance practices are important:
 - warm-up and warm-down activities
 - correct clothing and footwear
 - healthy nutrition and diet
- describe:
 - storylines of at least three major ballets
 - key periods in the history of ballet in the Russian Imperial era.

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 appropriate dance performance areas or spaces.

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

Links

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