



Australian Government

CUADAN112 Develop foundational ballet dance techniques

Release: 1

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

The unit applies to those who have some dance experience. They may have gained this experience in dance classes, amateur performances or community dance activities. They have 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

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. Practise barre work	1.1 Complete warm-up and stretching exercises under guidance of supervisor 1.2 Practise set barre exercises using upper and lower body movements 1.3 Incorporate musicality into exercises
2. Practise centre exercises	2.1 Perform set centre exercises using upper and lower body movements 2.2 Perform adage and pirouettes at a foundational level while demonstrating musicality 2.3 Perform allegro exercises at foundation level, demonstrating spatial awareness, correct breathing and musicality 2.4 Complete cool-down exercises

ELEMENT	PERFORMANCE CRITERIA
3. Perform simple dance sequence	3.1 Select a prepared dance sequence to perform in class under guidance of supervisor 3.2 Identify and convey storyline of selected dance sequence 3.3 Perform the sequence safely with expression and required level of technical ability
4. Review performance and set goals	4.1 Evaluate own performance and development of foundation ballet techniques 4.2 Seek coaching from others and identify areas where own dance technique can be improved 4.3 Set goals for improvement 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	Obtains information by listening and questioning
Self-management	- Completes practice and performance activities in line with agreed program - Applies knowledge of safe dance practice and own abilities to learning and performance activities
Teamwork	Discusses aspects of exercises and dance techniques with colleagues and teachers

Unit Mapping Information

Supersedes and is equivalent to CUADAN102 Develop foundation ballet technique.

Links

Companion Volume Implementation Guide is found on VETNet -

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

Assessment Requirements for CUADAN112 Develop foundational ballet dance techniques

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Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- perform at least one ballet sequence.

In the course of the above the candidate must:

- demonstrate use of at least three foundational ballet dance techniques
- undertake barre and centre exercises in preparation for performance
- respond to constructive coaching on own performance
- follow safe dance practices
- use ballet terminology in discussions.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- foundational ballet techniques, including:
 - adage
 - pirouettes
 - allegro
- ballet terminology required to demonstrate the performance evidence
- principles of safe dance practice
- process for undertaking warm-up and cool-down activities
- common dance equipment and clothing needed when performing foundational ballet techniques
- techniques for using musicality during dance practice and performance
- storylines of at least three major ballets
- strategies to evaluate performance and respond to coaching to set goals to improve techniques.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to:

- dance performance areas or spaces
- dance equipment required to demonstrate the performance evidence, including clothing, footwear and a ballet barre.

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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