



Australian Government

CUADAN206 Perform basic ballet technique

Release: 2

CUADAN206 Perform basic ballet 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 to review ballet as an art form and to perform basic ballet techniques for small audiences. At this level basic ballet techniques are applied under the supervision of experienced dancers and dance teachers.

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. Review ballet as an art form	1.1 Identify the main historical periods of classical and contemporary ballet 1.2 Incorporate French vocabulary and other terminology used to describe ballet movements and exercises into classes and discussions 1.3 Discuss with relevant personnel the elements that define ballet as a genre
2 Develop basic ballet performance skills	2.1 Under the guidance of mentors or teachers, practise a range of basic exercises at the barre and basic centre exercises

	2.2 Perform simple sequences combining discrete movements 2.3 Practise techniques for performing port de bras and controlled pirouettes 2.4 Follow safe dance practices at all times to prevent injury to self and others 2.5 Follow advice from others about ways to improve own dance technique
3. Perform short dance sequences	3.1 Discuss the intention and key aspects of routines with relevant personnel 3.2 Apply basic make-up and wear appropriate costumes for performances 3.3 Perform simple sequences combining discrete movements in an ensemble or individually 3.4 Use props effectively as required 3.5 Follow direction from relevant personnel 3.6 Observe and follow dictates of music and rhythm 3.7 Synchronise movements with ensemble where required 3.8 Seek feedback from others about ways to improve dance techniques

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	2.1, 2.2, 2.5	Seeks feedback and accepts guidance from others to improve own technique
Reading	1.1, 1.2	Obtains information about dance history and terminology from written sources
Oral communication	1.2, 1.3, 2.1, 2.2, 2.5, 3.1, 3.5	Obtains information by listening and questioning
Navigate the world of work	1.2, 2.4	Develops and applies knowledge of terminology and safe dance practices to class work and performances
Interact with others	1.3, 2.1, 2.2,	Discusses aspects of exercises, dance techniques and performances with colleagues

	2.5, 3.1, 3.5, 3.7	and teachers Builds rapport with ensemble members
Get the work done	1.2, 2.2, 2.3, 2.4, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7	- Adopts a methodical and disciplined approach to dance class work, rehearsals and performances - Expresses rhythms through dance movements

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN206 Perform basic ballet technique (Release 2)	CUADAN206 Perform basic ballet 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 CUADAN206 Perform basic ballet technique

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Performance Evidence

Evidence of the ability to:

- perform ballet exercises
- perform at least two basic ballet sequences in a group or individually that demonstrate:
 - neat technique with flow of movement
 - coordinated use of arms and legs
 - musicality, style and presentation
 - spatial awareness
- respond to constructive feedback on own performance
- use ballet terminology correctly.

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 the following aspects of participating in live performances:
 - lighting as it applies to dance productions
 - stage settings, production terminology and stage etiquette
 - relationship between hair, costumes and make-up in a dance performance
 - body and face make-up techniques
 - ways to organise appropriate costuming
- explain the following principles that relate to ballet movements and techniques:

- relationship with gravity
- spatial awareness
- successional movement
- use of breath
- folding
- extending
- rotating
- shifting weight
- explain how the following apply to safe dance practice and injury prevention:
 - articulation of the spine
 - engagement of the feet
 - bases of support, including feet, legs, hands, arms and torso
 - range of motion of the joints
 - differentiation of the legs and pelvis
 - healthy nutrition and diet
- describe key periods in the history of ballet.

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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