



Australian Government

CUADAN211 Develop basic dance techniques

Release: 1

CUADAN211 Develop basic dance 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 develop basic dance techniques for a limited range of styles under the supervision of a teacher.

The unit applies to those who are developing technique in dance styles such as ballet, contemporary, jazz, ballroom, tap, cultural and street. They are at the beginning of their career in dance and may perform as members of a group or ensemble.

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. Identify basic dance techniques	1.1 Identify principles and characteristics of a variety of basic dance techniques 1.2 Identify how dance sequences are used for training and performance in different dance styles 1.3 Identify relationship between dance techniques and accompanying music
2. Practise basic dance techniques	2.1 Select and wear clothing and footwear required for practising dance 2.2 Perform warm-up exercises according to safe dance practices 2.3 Practise dance techniques and movements using required posture and body alignment 2.4 Practise basic movement sequences demonstrating isolation and

ELEMENT	PERFORMANCE CRITERIA
	coordination of upper and lower body 2.5 Apply locomotor techniques in dance practice session 2.6 Seek feedback from others during practice sessions about ways to improve basic dance techniques
3. Develop and practise combinations of dance techniques	3.1 Discuss and select with required personnel the combinations of dance exercises to be performed 3.2 Combine dance techniques within exercises using memory retention skills, control and finesse 3.3 Incorporate musicality and phrasing into dance exercises according to dance combination requirements 3.4 Perform warm-down exercises after dance activities according to safe dance practices
4. Evaluate performance of basic dance techniques	4.1 Evaluate own performance and development of basic dance techniques 4.2 Seek coaching and feedback from others on performance and use of basic dance techniques, and note areas for improvement 4.3 Set goals for improving dance techniques 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	- Adopts a methodical and disciplined approach to dance class work - Identifies and applies a range of responses to music through dance movements - Applies knowledge of technique and safe dance practices to class work
Teamwork	Discusses aspects of exercises and dance techniques with colleagues and teachers

Unit Mapping Information

Supersedes and is equivalent to CUADAN201 Develop basic dance techniques.

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 CUADAN211 Develop basic 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 two dance sequences.

In the course of the above the candidate must:

- perform a range of dance basic movements demonstrating:
 - balance
 - flexibility
 - coordination
 - weight transfer
 - control and articulation of individual body parts
- respond to constructive feedback on own performance
- follow safe dance practices
- use dance terminology in discussions when required.

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:

- dance terminology required for work described in performance evidence
- basic health and safety procedures that are used in dance classes
- strategies to evaluate performance and respond to coaching to set goals to improve techniques
- principles relating to dance movements and techniques, including:
 - relationship with gravity
 - spatial awareness
 - successional movement

- use of breath
- folding
- extending
- rotating
- shifting weight
- principles of safe dance practice and injury prevention, including those relating to:
 - 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
 - methods for safely perform dance movements that use:
 - balance
 - flexibility
 - coordination
 - weight transfer
 - locomotor 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 with required flooring for performances
- equipment, clothing and footwear required for performing dance
- interaction with others required to demonstrate the performance evidence.

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

Links

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