



Australian Government

CUADAN216 Perform basic ballet techniques

Release: 1

CUADAN216 Perform basic ballet 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 perform basic ballet techniques for small audiences. It involves applying knowledge of ballet as an art form when performing short ballet sequences.

The unit applies to those who have a foundational level of ballet technique. They may have experience performing in amateur performances or attending multiple dance classes. 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. Develop basic ballet techniques	1.1 Undertake warm up routine 1.2 Perform ballet barre and centre practice under guidance of a supervisor 1.3 Practise basic ballet skills including adage, pirouettes and allegro 1.4 Practise performing simple sequences combining discrete ballet movements 1.5 Follow advice and feedback from others during practice session
2. Perform short ballet sequences	2.1 Discuss intention and key aspects of routine to be performed with required personnel, incorporating own understanding of ballet as an art form

ELEMENTS	PERFORMANCE CRITERIA
	2.2 Apply basic make-up and wear required costume for performance 2.3 Perform simple sequence safely combining discrete movements according to safe dance practices 2.4 Use props as required according to ballet sequence requirements 2.5 Follow direction from required personnel 2.6 Observe and follow dictates of music and rhythm 2.7 Synchronise movements with ensemble where required
3. Review performances	3.1 Evaluate own performance and use of basic ballet techniques 3.2 Seek feedback from others on performance and use of basic ballet techniques 3.3 Use own evaluation and feedback from others to develop strategy for improving dance techniques

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
Reading	Obtains information about dance history and intentions from written sources
Planning and organising	Adopts a methodical and disciplined approach to dance class work, rehearsals and performances
Self-management	Develops and applies knowledge of terminology and safe dance practices to class work and performances
Teamwork	- Discusses aspects of exercises, dance techniques and performances with colleagues and teachers - Builds rapport with ensemble members where required

Unit Mapping Information

Supersedes and is equivalent to CUADAN206 Perform basic 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 CUADAN216 Perform basic ballet 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 different ballet sequences, at least one of which must be an ensemble sequence, and at least one of which must be a solo sequence.

In the course of the above, the candidate must:

- demonstrate the following during performance of basic ballet sequences:
 - neat technique with flow of movement
 - coordinated use of arms and legs
 - musicality, style and presentation
 - spatial awareness
- demonstrate skill in basic ballet movements including:
 - port de bras
 - adage
 - pirouettes
 - petit and grand allegro
- express rhythms through dance movements
- follow safe dance practices
- use required ballet terminology in class.

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:

- techniques for performing basic ballet sequences, including:
 - port de bras
 - adage

- pirouettes
- petit and grand allegro
- simple enchaînement
- key aspects of participating in live performances, including:
 - 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 access costuming
- principles that relate to ballet movements and techniques, including:
 - relationship with gravity
 - spatial awareness
 - use of breath
 - extending
 - rotating
 - shifting weight and balance
- principles of safe dance practice and injury prevention as they apply to ballet techniques, including:
 - spine articulation
 - foot engagement
 - bases of support, including feet, legs, hands, arms and torso
 - joint range of motion
 - differentiation of legs and pelvis
 - posture and alignment
- key historical periods of classical and contemporary ballet
- ballet terminology including French vocabulary and other terminology used to describe ballet movements and exercises
- elements that define ballet as a genre
- strategies to evaluate performance and respond to feedback 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
- equipment and props required to demonstrate the performance evidence
- 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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