



Australian Government

CUADAN306 Increase depth of ballet dance technique

Release: 2

CUADAN306 Increase depth of 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 consolidate basic ballet dance technique to achieve a greater depth of expression in performances.

This unit applies to dancers who are pursuing a career where ballet dancing skills are required. They could be preparing for performances in commercial or community settings where they would usually be performing as members of an ensemble.

At this level work is normally supervised, though some autonomy and judgement can be expected within established parameters.

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. Maintain a physical conditioning program	1.1 In consultation with relevant personnel, identify a range of techniques to improve stamina, strength and flexibility 1.2 Set realistic physical conditioning goals aimed at improving own dance technique 1.3 Identify risk factors that may inhibit the achievement of goals

	and seek professional advice as required 1.4 Take fatigue and personal limitations into account when undertaking physical conditioning program 1.5 Perform warm-up and warm-down activities in conjunction with dance activities 1.6 Ensure that clothing and footwear are appropriate for exercise regime and practising dance technique
2. Build on basic ballet dance technique	2.1 Use appropriate balance, posture and breathing techniques to develop a repertoire of fluid ballet positions and movements at the barre 2.2 In centre space, perform patterns and movement sequences in time with differing rhythm 2.3 Practise facial expressions and other techniques required to perform simple mimes 2.4 Perform a range of exercises to strengthen capacity for pointe work as required 2.5 Demonstrate a sense of spatial awareness in dance movements 2.6 Perform ballet dance techniques with increasing expertise, in a learning environment 2.7 Incorporate musicality, rhythm and correct timing into performances 2.8 Coordinate position and movement between self and other dancers
3. Maintain expertise in ballet dance technique	3.1 Practise executing movements with precision and speed 3.2 Maintain and update knowledge of ballet history and dance terminology 3.3 Use feedback from others to identify and develop ways to improve own ballet dance performance skills 3.4 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, and maintaining motivation

Foundation Skills

This section describes language, literacy, numeracy and employment skills incorporated in the performance criteria that are required for competent performance.

Skill	Performance	Description
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	Criteria	
Learning	1.1, 3.3, 3.4	- Seeks the views and opinions of others to develop own understanding - Observes industry practitioners, sources new ideas and identifies trends, and applies to own techniques
Reading	3.2	Obtains information from written sources about ballet dance history and terminology
Oral communication	1.1, 1.3, 3.2, 3.3	Obtains information by listening and questioning
Navigate the world of work	1.5, 1.6, 3.2	- Follows accepted industry practices in relation to safe dance practices - Develops and maintains knowledge relevant to role
Interact with others	1.1, 1.3, 2.8, 3.2, 3.3	- Discusses dance technique and physical conditioning issues with colleagues and teachers - Builds rapport with fellow dancers
Get the work done	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 2.8, 3.4	- Understands own physical limitations and applies to planning and implementation of physical conditioning program - Adopts a methodical, disciplined and positive approach to dance classes - Dances with strong stage presence and confidence - Identifies and applies a range of responses to music and rhythm through dance movements - Recognises opportunities to develop and apply new approaches to performing ballet

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN306 Increase depth of ballet dance technique (Release 2)	CUADAN306 Increase depth of 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 CUADAN306 Increase depth of ballet dance technique

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Performance Evidence

Evidence of the ability to:

- improve ballet dance technique over a six to twelve-month period
- perform a range of basic ballet dance techniques in a learning environment
- respond to constructive feedback on own performance
- follow safe dance practices
- use ballet dance 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:

- explain how the following principles relate to ballet positions and movements:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight

- explain how the following apply in the context of 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
- explain and demonstrate how the musical elements of time signatures, beat, tempo and syncopation apply to ballet dance technique
- describe key periods and prominent dancers 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 with suitable flooring.

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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