



**Australian Government**

# **CUADAN319 Increase depth of street dance techniques**

**Release: 1**

# CUADAN319 Increase depth of street 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 consolidate basic street dance technique and achieve a greater depth of expression in dance classes and performances.

The unit applies to those who are dancers and who are pursuing a career in theatre and other contexts where street dancing skills are required. Street dancing includes styles such as hip-hop, break dance, popping, locking, Nu School, krump and house. They could be preparing for performances in commercial, community or open space 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. Develop and undertake physical conditioning program | <ul style="list-style-type: none"><li>1.1 Set physical conditioning goals aimed at improving own street dance technique</li><li>1.2 Identify techniques for improving stamina, strength and flexibility in consultation with required personnel, according to physical conditioning goals</li><li>1.3 Identify risk factors that may inhibit achievement of goals and seek advice as required</li><li>1.4 Identify and obtain suitable clothing and footwear exercise regime</li></ul> |

| ELEMENTS                                                  | PERFORMANCE CRITERIA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                           | <p>and practising street dance technique</p> <p>1.5 Perform warm-up and cool-down activities in conjunction with dance and physical activities according to safe dance practices</p> <p>1.6 Identify and discuss with required personnel own fatigue and personal limitations when undertaking own physical conditioning program as required</p>                                                                                                                                                                                                                                                                                                   |
| 2. Build on basic street dance technique                  | <p>2.1 Develop personal practice plan for executing and building on basic street dance movements</p> <p>2.2 Practise performing street dance movements and steps with increasing expertise according to practice plan and safe dance practices</p> <p>2.3 Create personal style using improvised movements in a learning environment</p> <p>2.4 Choreograph and perform a basic street dance sequence in a learning environment using independent and creative thinking</p> <p>2.5 Incorporate musicality, rhythm and required timing into performances</p> <p>2.6 Coordinate position and movement between self and other dancers as required</p> |
| 3. Review and develop expertise in street dance technique | <p>3.1 Identify sources that can be used to update knowledge of street dance history and terminology</p> <p>3.2 Use feedback from others to identify and develop strategy for improving own street dance and performance skills</p> <p>3.3 View performances by industry practitioners and identify new ideas and trends that can be applied to own street dance practice</p>                                                                                                                                                                                                                                                                      |

## 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        | <ul style="list-style-type: none"> <li>Obtains information by listening and questioning</li> </ul>                                                                                                                                         |
| Reading                   | <ul style="list-style-type: none"> <li>Interprets a simple combination of street dance steps in written form</li> <li>Obtains information from written sources about street dance history and terminology</li> </ul>                       |
| Initiative and enterprise | <ul style="list-style-type: none"> <li>Generates creative ideas for choreographing basic street dance routines that highlight own personal dance style</li> <li>Recognises opportunities to develop and apply new approaches to</li> </ul> |

| SKILL                   | DESCRIPTION                                                                                                                                                                        |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                         | choreographing and performing street dance routines                                                                                                                                |
| Planning and organising | <ul style="list-style-type: none"><li>Adopts a methodical and disciplined approach to dance classes and performances</li></ul>                                                     |
| Self-management         | <ul style="list-style-type: none"><li>Follows industry accepted safe dance practices</li></ul>                                                                                     |
| Teamwork                | <ul style="list-style-type: none"><li>Discusses dance technique and physical conditioning issues with colleagues and teachers</li><li>Builds rapport with fellow dancers</li></ul> |

## Unit Mapping Information

Supersedes and is equivalent to CUADAN309 Increase depth of street dance 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 CUADAN319 Increase depth of street 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:

- present at least two street dance pieces.

In the course of the above, the candidate must:

- demonstrate individuality and originality during rehearsals and practice sessions
- identify and apply a range of street dance movement in response to music and rhythm
- follow safe dance practices
- use street dance terminology 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:

- process for undertaking warm-up and cool-down routines
- principles relating to physical movements and street dance techniques, including:
  - relationship with gravity
  - spatial awareness
  - articulations and isolations
  - use of breath
  - movement dynamics
  - shifting weight and balance
- principles relating to safe dance practice and injury prevention, including:
  - spine articulation
  - foot engagement
  - bases of support, including feet, legs, hands, arms and torso
  - joint range of motion

- differentiation of legs and pelvis
- application of musical elements of time signatures, beat, tempo and syncopation apply to street dance technique
- requirements of a personal practice plan
- key aspects and prominent dancers in the history of street dance
- history of the following types of street dance, including pioneers and styles:
  - krumping
  - breaking
  - locking
  - popping
  - waacking
  - clowning
- street dance etiquette and protocols for battles, cyphers and crews
- strategies to respond to feedback and good practice to improve dance 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 performing street dance.

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

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