



Australian Government

CUADAN504 Perform ballet solo variations

Release: 2

CUADAN504 Perform ballet solo variations

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 add range, depth and increasing complexity to classical ballet technique in solo performances.

At this level, dancers are challenging themselves with solo dance pieces, variations and repertoire of increasing technical and physical complexity.

While some supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to be self-directed and display a high level of motivation, ballet technique and responsibility for themselves and others.

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 teachers or mentors, set realistic physical conditioning goals aimed at improving own dance technique 1.2 Use a range of techniques to improve stamina, strength and flexibility 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 Observe safe dance practice by performing warm-up and warm-down activities in conjunction with dance activities
2. Practise ballet technique of increasing difficulty	2.1 Apply increasingly difficult ballet techniques across each section of class work 2.2 Develop increasingly complex performance attributes 2.3 Show developed strength and complexity in footwork, including pointe work as required 2.4 Execute complex variations of ballet repertoire with accuracy 2.5 Exhibit physical learning and adaptability to incorporate unseen combinations with speed and verve across different teaching methods
3. Practise solos from classical ballet repertoire	3.1 Analyse the context of chosen solo pieces 3.2 Display complex variations, repertoire and technical articulation 3.3 Convey a high level of spatial awareness appropriate to solo work 3.4 Accomplish solo work with developing musical individuality and expression 3.5 Present variations and repertoire with a high level of stage presence and confidence across ballet styles and genres 3.6 Reveal increasing levels of muscularity, strength and stamina in gender-specific vocabulary as required
4. Apply technique in performances	4.1 Undertake preparations appropriate to performance contexts 4.2 Ensure that personal presentation is appropriate to performance contexts 4.3 Prepare for competitions and auditions as required 4.4 Apply performance psychology techniques to preparations 4.5 Rehearse solo dance sequences to be performed 4.6 Maintain focus to produce solo performances that show well-developed rhythm and musicality 4.7 Convey choreographic intent of dance through expression and precise execution of ballet dance techniques 4.8 Contribute to debriefing sessions to evaluate the quality of performances and to discuss ways of improving individual and

	ensemble technique
5. Maintain expertise in solo ballet techniques	5.1 Apply professional work ethic to practice and performance activities 5.2 Incorporate injury-prevention techniques into dance and movement activities 5.3 Use feedback from others to identify and develop ways to improve own ballet dance technique and group work 5.4 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique 5.5 Incorporate ballet terminology and history into discussions, and practice and performance activities

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	1.1, 5.3, 5.4	- Seeks the views and opinions of others to develop own understanding - Analyses feedback, reviews personal goals and reflects on learning and performance - Gains insight from previous experience and from viewing the performances of others
Reading	3.1, 5.5	Interprets information about solos to be performed
Oral communication	1.1, 1.3, 4.8, 5.5	- Obtains information by listening and questioning - Discusses ideas and solutions
Navigate the world of work	1.4, 1.5, 4.3, 5.1, 5.2, 5.3, 5.4	- Follows accepted industry practices in relation to safe dance practices, injury-prevention strategies and general work ethic - Takes responsibility for own ongoing professional and career development
Interact with others	1.1, 1.3, 4.8, 5.3, 5.5	- Works collaboratively to develop and improve dance techniques - Communicates mood and style of dance to

		audiences
Get the work done	1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7, 5.1, 5.2	• Adopts a methodical, disciplined and positive approach to physical conditioning program, dance classes, performances and evaluation of own skill development • Works creatively with music and dance • Responds to different time signatures • Displays high level of competency in each section of class work • Employs physical control throughout solo performances • Maintains correct posture, weight placement and alignment in fully rotated turn-out position • Shows alignment and extensions in highly difficult combinations • Performs complex movement sequences on both sides of the body • Shows skills and speed in directional changes • Displays a high level of spatial awareness in group movements • Exhibits a high level of coordination of limbs, torso and head • Exhibits confidence in creating movement sequences • Takes steps to minimise risk of injury through appropriate physical conditioning program

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN504 Perform ballet solo variations (Release 2)	CUADAN504 Perform solo variations (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 CUADAN504 Perform ballet solo variations

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Performance Evidence

Evidence of the ability to:

- perform solo pieces that demonstrate mastery of the following ballet techniques:
 - appropriate posture, balance and rotation
 - classical line
 - combinations of spatial organisations with pirouettes, balances and jumps of increasing difficulty and dynamic continuity
 - control of movement
 - individual artistic qualities
 - muscular strength and flexibility
 - placement and coordination of body parts
 - quality and breadth of movement
 - transference of weight
- prepare mentally and physically for solo performances
- display professional work ethic
- 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:

- analyse and describe key aspects of solo pieces

- explain how the following principles relate to physical movements and ballet techniques:
 - 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 performance psychology techniques and ways to prepare for auditions and competitions
- explain and demonstrate how the musical elements of time signatures, beat, tempo and syncopation apply to ballet dance technique
- explain principles of classical ballet, especially those that apply to solo performances
- describe the main periods in the history of ballet with particular reference to classical ballet solo pieces.

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:

- fully equipped dance studios with suitable flooring
- appropriate music or accompanists.

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

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