



Australian Government

CUADAN509 Refine pointe work techniques

Release: 2

CUADAN509 Refine pointe work techniques

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 dance sur les pointes at an advanced level. It applies to dancers consolidating their careers in contexts where dancing sur les pointes at an advanced level is expected. They perform across a range of dance repertoire as part of a duo, in an ensemble or in solo roles.

At this level, dancers are constantly expanding their range of technical skills in order to develop their artistic capacity in a range of contemporary dance repertoire. 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 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. Prepare for pointe work	1.1 Prepare feet and pointe shoes for pointe work 1.2 Warm up and warm down the body for pointe using the entire body for support, including the legs, back and abdominal muscles

	1.3 Identify and minimise risk factors associated with pointe work 1.4 Seek assistance and advice when injuries from pointe work occur
2. Practise pointe technique of increasing difficulty	2.1 Use appropriate terminology to analyse the components of pointe technique 2.2 Practise developing performance attributes and quality of movement in sequences of increasing difficulty sur les pointes 2.3 Execute variations of ballet repertoire with accuracy sur les pointes across ballet styles and genres 2.4 Demonstrate accurate technical requirements and spatial arrangements, individual artistic quality, and correct musical and rhythmic interpretation en pointe
3. Review own progress in developing pointe technique	3.1 Monitor progress through critical analysis of own pointe work performance in class 3.2 Use feedback from others to identify and develop ways to improve own pointe technique 3.3 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique

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	3.2, 3.3	- Analyses feedback, reviews personal goals and reflects on learning and performance - Gains insight from previous experience and from viewing the performances of others
Oral communication	1.4, 2.1, 3.2	Obtains information by listening and questioning
Navigate the world of work	1.1, 1.2, 1.3, 1.4, 3.1, 3.2, 3.3	- Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies - Takes responsibility for own professional development

Interact with others	1.4, 2.1, 3.2	Works collaboratively to develop and improve pointe work techniques
Get the work done	1.1, 1.2, 2.1, 2.2, 2.3, 2.4	- Adopts a methodical, disciplined and positive approach to dance classes, injury prevention and evaluation of own skill development - Applies advanced pointe work to classical ballet sequences and repertoire

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN509 Refine pointe work techniques (Release 2)	CUADAN509 Refine pointe work techniques (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 CUADAN509 Refine pointe work techniques

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Performance Evidence

Evidence of the ability to:

- prepare feet and shoes for pointe work to avoid risks and injuries
- refine pointe technique through practice
- apply correct point technique to ballet repertoire
- respond appropriately to feedback on own pointe technique
- use pointe 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 sections of dance work apply to pointe work:
 - adage
 - allegro
 - barre
 - batterie
 - centre practice
 - grand allegro
 - pirouettes
 - warm up and warm down

- explain how the following principles relate to physical movements and pointe work techniques:
 - extending
 - folding
 - relationship with gravity
 - rotating
 - sequential movement
 - shifting weight
 - spatial awareness
 - use of breath
- 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
- describe:
 - health and wellbeing issues relevant to classical ballet artists
 - risk factors in ballet for the body, especially in relation to pointe work
- explain the relationship between musical rhythms and pointe work
- describe key periods in the history of ballet and pointe and the principles of classical 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:

- 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.

Links

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