



Australian Government

CUADAN512 Refine ballet performance skills

Release: 1

CUADAN512 Refine ballet performance skills

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 add range, depth and increasing complexity to ballet performance skills.

The unit applies to those who are consolidating their career where complex ballet technique is required in commercial and competition settings. They are usually performing as members of an ensemble, but some solo work can also be expected. At this level, they are challenging themselves with varying performance contexts, dance pieces, and repertoire of increasing technical and physical complexity. While some supervision and guidance are provided, they 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. Apply physical conditioning program	1.1 Set physical conditioning goals aimed at improving own dance technique in consultation with required personnel 1.2 Identify risk factors that may inhibit achievement of goals and seek advice as required 1.3 Build stamina, strength and flexibility using techniques according to physical conditioning goals 1.4 Perform warm-up and cool-down routines in conjunction with physical and dance activities according to safe dance practices

ELEMENTS	PERFORMANCE CRITERIA
	1.5 Note and discuss with required personnel fatigue and personal limitations when undertaking physical conditioning program
2. Practise ballet performance techniques	2.1 Apply increasingly difficult ballet techniques and repertoire during class work according to safe dance practices 2.2 Practise developing strength and complexity in footwork according to ballet repertoire requirements 2.3 Practise adding sense of musical individuality to solo work as required 2.4 Demonstrate communication and cohesion with other dancers in ensemble work as required 2.5 Convey spatial awareness when practising solo and ensemble work 2.6 Practise executing complex variations of ballet repertoire according to safe dance practices
3. Apply techniques in performances	3.1 Confirm intention and purpose of performance with required personnel 3.2 Confirm dance pieces to be performed with required personnel, and undertake preparations in line with performance context and purpose 3.3 Develop rehearsal schedule for dance pieces to be performed 3.4 Confirm personal presentation is suitable for performance context 3.5 Prepare for competitions and auditions using psychology techniques 3.6 Maintain focus throughout performance and demonstrate rhythm and musicality 3.7 Convey choreographic intent of dances through confident and precise execution of ballet dance techniques
4. Review and identify strategies to improve performance skills	4.1 Seek and give feedback in debriefing session and discuss ways to improve individual and ensemble technique 4.2 Develop strategies for improving own ballet dance and performance technique using self-evaluation and feedback from others 4.3 View performances by industry practitioners and identify new ideas and trends that can be applied to own dance practice

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
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SKILL	DESCRIPTION
Oral communication	• Obtains information by listening and questioning • Uses verbal and non-verbal means when communicating with ensemble members
Initiative and enterprise	• Works creatively with music and dance • Recognises opportunities to develop and apply new approaches to performing ballet
Planning and organising	• Adopts a methodical, disciplined and positive approach to physical conditioning program, dance classes and performances
Self-management	• Follows industry accepted safe dance practices and injury-prevention strategies • Takes responsibility for own ongoing professional and career development
Teamwork	• Works collaboratively with others

Unit Mapping Information

Supersedes and is equivalent to CUADAN502 Refine ballet performance skills.

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 CUADAN512 Refine ballet performance skills

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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:

- prepare for and perform ballet repertoire in front of an audience, at least one of which must be in an ensemble performance, and at least one of which must be a solo performance.

In the course of the above, the candidate must:

- perform complex combinations of classical ballet technique using:
 - classical line
 - combinations of spatial organisations with pirouettes, balances and jumps of increasing difficulty and dynamic continuity
 - control of movement
 - individual artistic qualities
 - complex enchaînements
 - muscular strength and flexibility
 - quality and breadth of movement
- mentally and physically prepare for performances using performance techniques
- use ballet terminology when required
- respond to different time signatures in performance pieces
- communicate mood and style of selected performance pieces through dance
- demonstrate alignment and extensions in difficult combinations throughout performances
- demonstrate coordination of limbs, torso and head throughout performances
- follow injury-prevention techniques and safe dance practices.

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:

- ballet techniques used in complex ballet combinations
- principles relating to physical movements and ballet technique, including:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight
 - balance
- principles of safe dance practice and injury prevention, including those relating to:
 - 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
- health and safety policies and procedures relevant to the dance environment
- ballet terminology required to demonstrate the performance evidence
- performance psychology techniques and methods for preparing for auditions and competitions
- musical elements of time signatures, beat, tempo and syncopation, and their application to ballet dance technique
- strategies to respond to feedback and self-evaluation to improve ballet performance skills.

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:

- fully equipped dance studio with required flooring for performing ballet
- opportunities for ballet performances
- interaction with others required to demonstrate the performance evidence
- music or accompanists.

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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