



Australian Government

CUADAN514 Perform ballet solo variations

Release: 1

CUADAN514 Perform ballet solo variations

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 classical ballet technique in solo performances.

The unit applies to those who are challenging themselves with solo dance pieces, variations and repertoire of increasing technical and physical complexity. While some supervision and guidance are provided, 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. Apply physical conditioning program	1.1 Set realistic physical conditioning goals aimed at improving own dance technique in consultation with required personnel 1.2 Identify risk factors that may inhibit the achievement of goals and seek professional advice as required 1.3 Perform warm-up and cool-down activities in conjunction with dance activities according to safe dance practices 1.4 Build stamina, strength and flexibility using different techniques according to physical conditioning goals 1.5 Note and discuss with required personnel fatigue and personal limitations when undertaking physical conditioning program as required

ELEMENTS	PERFORMANCE CRITERIA
2. Practise ballet technique for solos from classical ballet repertoire	2.1 Apply increasingly difficult ballet techniques across each section of class work 2.2 Develop increasingly complex performance attributes 2.3 Practise developing strength and complexity in footwork, including pointe work as required 2.4 Execute complex variations of ballet repertoire 2.5 Practise incorporating unseen movement combinations with speed and verve across different teaching methods 2.6 Analyse the context of chosen solo pieces 2.7 Present complex variations and repertoire with a high level of stage presence, technical articulation and confidence across ballet styles and genres 2.8 Convey a high level of spatial awareness required for solo work
3. Apply technique in solo performances	3.1 Undertake preparations required for performance context 3.2 Confirm that personal presentation is suitable for performance context 3.3 Apply performance psychology techniques to preparations 3.4 Rehearse solo dance sequences to be performed 3.5 Produce solo performances that show well-developed rhythm and musicality 3.6 Convey choreographic intent of dance through expression and precise execution of ballet dance techniques
4. Review and identify ways to develop expertise in solo ballet techniques	4.1 Evaluate the quality of performances in debriefing sessions and discuss ways of improving individual and ensemble technique. 4.2 Identify and develop ways to improve own ballet dance technique and group work 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
Learning	Analyses feedback, reviews personal goals and reflects on learning and performance
Oral communication	Obtains information by listening and questioning

SKILL	DESCRIPTION
	• Discusses ideas and solutions
Reading	• Interprets information about solos to be performed
Initiative and enterprise	• 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, performances and evaluation of own skill development • Takes steps to minimise risk of injury when undertaking physical conditioning program
Self-management	• Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies • Demonstrates general work ethic • Takes responsibility for own career development
Teamwork	• Develops dance techniques by working collaboratively

Unit Mapping Information

Supersedes and is equivalent to CUADAN504 Perform ballet solo variations.

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 CUADAN514 Perform ballet solo variations

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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:

- perform at least three complex solo ballet pieces.

In the course of the above, the candidate must:

- demonstrate mastery of the following ballet techniques:
 - 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
 - skill and speed in directional changes
 - alignment and extensions in highly difficult combinations
 - complex movement sequences on both sides of the body
 - high level coordination of limbs, torso and head and strong physical control
 - movement sequence creation
- prepare mentally and physically for solo performances
- respond to different time signatures
- display high level of competency in each section of class work
- display professional work ethic
- contribute to debriefing sessions
- use ballet dance terminology correctly.

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:

- key aspects of solo pieces
- principles relating to physical movements and ballet techniques, including:
 - relationship with gravity
 - spatial awareness
 - successional movement
 - use of breath
 - folding
 - extending
 - rotating
 - shifting weight
 - balance
- principles of safe dance practices 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
- performance psychology techniques and ways to prepare for auditions and competitions
- musical elements of time signatures, beat, tempo and syncopation, and their application to ballet dance technique
- principles of classical ballet, including those that apply to solo performances
- ballet terminology required to demonstrate the performance evidence
- strategies to respond to feedback and self-evaluation to improve ballet performance
- main periods in the history of ballet with particular reference to classical ballet solo pieces.

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 studios with required flooring for performing ballet
- opportunities for ballet performances
- suitable 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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