



Australian Government

CUADAN519 Refine pointe work techniques

Release: 1

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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 dance sur les pointes at an advanced level.

The unit applies to those who are expanding their technical skills and artistic capacity through dancing sur les pointes at an advanced level, performing across different dance repertoire as part of a duo, in an ensemble or in solo roles. 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 the body for pointe using the entire body for support 1.3 Identify and minimise risk factors associated with pointe work 1.4 Analyse components of pointe technique
2. Practise pointe technique	2.1 Practise developing performance attributes and quality of movement in sequences of increasing difficulty sur les pointes 2.2 Execute variations of ballet repertoire sur les pointes across ballet styles and genres following safe dance practices 2.3 Demonstrate technical requirements and spatial arrangements, individual artistic quality, and musical and rhythmic interpretation

ELEMENTS	PERFORMANCE CRITERIA
	en pointe 2.4 Apply cool down techniques required for pointe work according to safe dance practices 2.5 Seek assistance from required personnel when injuries from pointe work occur
3. Review own progress in developing pointe technique	3.1 Monitor progress through critical analysis of own pointe work performance in class 3.2 Identify and develop ways to improve own pointe technique using feedback from others 3.3 View performances by industry practitioners and identify new ideas and trends that can be applied for improving own technique

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
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 dance classes, injury prevention and evaluation of own skill development
Self-management	Follows accepted industry practices relating to safe dance practices and injury-prevention strategies
Teamwork	Develops and improves pointe work techniques by working collaboratively

Unit Mapping Information

Supersedes and is equivalent to CUADAN509 Refine pointe work techniques.

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 CUADAN519 Refine pointe work 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:

- demonstrate advanced pointe work in classical ballet sequences and repertoire across at least three ballet genres.

In the course of the above, the candidate must:

- avoid risks and injuries by preparing feet and shoes for pointe work
- refine pointe technique through practice
- respond to feedback on own pointe technique and apply learnings for improvement
- use pointe terminology.

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:

- application of sections of dance work to pointe work, including:
 - adage
 - allegro
 - barre
 - batterie
 - centre practice
 - grand allegro
 - pirouettes
 - warm up and warm down
- principles relating to physical movements and pointe work techniques, including:
 - extending
 - folding

- relationship with gravity
- rotating
- sequential movement
- shifting weight
- spatial awareness
- use of breath
- 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
- health and wellbeing issues relevant to classical ballet artists
- risk factors in ballet for the body, including in relation to pointe work
- relationship between musical rhythms and pointe work
- pointe terminology required to demonstrate the performance evidence
- key periods in the history of ballet and pointe and the principles of classical ballet.

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:

- opportunities for ballet performances
- fully equipped dance studios with appropriate music or accompanists and required flooring.

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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