



Australian Government

CUADAN606 Extend pointe work techniques to a professional level

Release: 2

CUADAN606 Extend pointe work techniques to a professional level

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 a professional level as part of a duo, in an ensemble or in solo roles. Dancing en pointe requires strength and skill and is a central part of a female ballet dancer's training and repertoire.

While some supervision and guidance are provided in practice sessions and rehearsals, dancers are expected to display a high level of motivation and responsibility for themselves and others during practice sessions, rehearsals and live performances.

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 the body 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. Perfect pointe technique	2.1 Demonstrate thorough understanding of pointe technique in each section of dance work 2.2 Perfect technical requirements in pointe work sequences 2.3 Demonstrate complex performance attributes and quality of movement in sequences of extended difficulty sur les pointes 2.4 Execute complex variations of ballet repertoire with accuracy and precision sur les pointes across ballet styles and genres 2.5 Work towards executing advanced enchaînements with precision, speed and clarity 2.6 Demonstrate accurate spatial arrangements, individual artistic quality, and correct musical and rhythmic interpretation en pointe
3. Review own progress in perfecting pointe work techniques	3.1 Demonstrate through ongoing technical strength, diversity and refinement, evidence of advanced self-correction and concentrated response to feedback 3.2 Evaluate pointe work and respond appropriately to feedback from others 3.3 Regularly view performances by industry practitioners as a way of sourcing new ideas, identifying trends, maintaining motivation, and improving own technique 3.4 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	3.1, 3.2, 3.3	- Analyses feedback and reflects on performance to identify ways to develop performance - Identifies opportunities to extend professional development - Gains insight about improving own techniques from viewing the performances of others

Oral communication	1.4, 3.1, 3.2, 3.4	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, 3.4	- 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, 3.1, 3.2, 3.4	Works collaboratively to develop pointe work techniques to a professional level
Get the work done	1.1, 1.2, 2.1, 2.2, 2.3, 2.4, 2.5, 2.6	- 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 - Executes complex enchaînements

Unit Mapping Information

Code and title current version	Code and title previous version	Comments	Equivalence status
CUADAN606 Extend pointe work techniques to a professional level (Release 2)	CUADAN606 Extend pointe work techniques to a professional level (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 CUADAN606 Extend pointe work techniques to a professional level

Modification History

Release	Comments
Release 1	This version first released with <i>CUA Live Performance and Entertainment Training Package Version 1.0</i> .

Performance Evidence

Evidence of the ability to:

- perfect pointe technique through practice, feedback and refinement
- demonstrate technical ability when executing sequences sur les pointes
- add individual artistry and expressive interpretation to the performance of ballet sequences
- execute advanced enchaînements with speed and precision
- use pointe work 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 principles relate to pointe work techniques:
 - balance
 - control of movement
 - muscular strength and flexibility
 - rotation
 - spatial awareness
 - successional movement
 - transference of weight
 - 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

Gather evidence to demonstrate consistent performance in conditions that are safe and replicate the workplace. Noise levels, production flow, interruptions and time variances must be typical of those experienced in a dance learning environment. The assessment environment must include access to fully equipped dance studios with suitable flooring and appropriate music or accompanists.

Assessors must satisfy NVR/AQTF assessor requirements.

Links

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