



Australian Government

CUADAN616 Extend pointe work techniques to a professional level

Release: 1

CUADAN616 Extend pointe work techniques to a professional level

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 a professional level as part of a duo, in an ensemble or in solo roles.

The unit applies to those who moving towards professional careers in contexts where dancing en pointe with a high level of strength and skill is a central part of a professional female ballet dancer's training and repertoire. While some supervision and guidance are provided, 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 the body for pointe using the entire body for support 1.3 Identify and minimise risk factors associated with pointe work
2. Perfect pointe technique	2.1 Develop and perfect technical requirements in pointe work sequences following safe dance practices 2.2 Demonstrate complex performance attributes and quality of movement in sequences of extended difficulty sur les pointes 2.3 Execute complex variations of ballet repertoire with precision sur

ELEMENTS	PERFORMANCE CRITERIA
	les pointes across ballet styles and genres 2.4 Practise executing advanced enchaînements with precision, speed and clarity 2.5 Demonstrate spatial arrangements, individual artistic quality, and musical and rhythmic interpretation en pointe 2.6 Apply cool down techniques required for pointe work 2.7 Seek assistance from required personnel when injuries from pointe work occur
3. Review own progress in perfecting pointe work techniques	3.1 Demonstrate, through technical strength and refinement, evidence of advanced self-correction and concentrated response to feedback 3.2 Analyse pointe work, respond to feedback from others and identify opportunities to develop performance 3.3 View performances by industry practitioners and identify new ideas and trends for improving own technique 3.4 Incorporate ballet terminology and history into discussions, and practice and performance activities

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
Oral communication	Obtains information by listening and questioning
Self-management	- Follows accepted industry practices in relation to safe dance practices and injury-prevention strategies - Takes responsibility for own professional development - Adopts a methodical, disciplined and positive approach to dance classes, injury prevention and evaluation of own skill development
Teamwork	Work collaboratively when developing pointe work techniques to a professional level

Unit Mapping Information

Supersedes and is equivalent to CUADAN606 Extend pointe work techniques to a professional level.

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 CUADAN616 Extend pointe work techniques to a professional level

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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 professional level pointe work in classical ballet sequences and repertoire on at least three occasions, as a member of a duo, ensemble and as a solo.

In the course of the above, the candidate must:

- 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
- apply advanced pointe work to classical ballet sequences and repertoire
- use pointe work 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:

- principles relating to pointe work techniques, including:
 - balance
 - control of movement
 - muscular strength and flexibility
 - rotation
 - spatial awareness
 - successional movement
 - transference of weight
 - 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
- strategies to develop and improve performance
- 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, especially in relation to pointe work
- relationship between musical rhythms and pointe work
- pointe technique required for each section of dance work.

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 suitable flooring
- interaction with others required to demonstrate the performance evidence
- opportunities for classical 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.

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