Mapping ensures the learning resources cover the requirements of the unit.

Learning resources include handouts, learner guides, presentation slides, videos, practical activities and any other resources you think are suitable and appropriate to cover the requirements of the unit.

You will populate this template using the components of the unit from [https://training.gov.au/](about:blank)

You can expand the table by adding rows as required.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Unit Code** | CUADAN211 | **Unit Title** | Develop basic dance techniques | | | | | | | |
| **Element** | **Performance Criteria** | | | **Learning resources**  (adjust titles as required) | | | | | | |
| **Learning Activities** | **Presentation slides** | **Learner guide** | **Handouts** | **Videos** | **Practical activities** | **Formative Assessments** |
| 1. Identify basic dance techniques | 1.1 Identify principles and characteristics of a variety of basic dance techniques | | |  |  |  |  |  |  |  |
| 1.2 Identify how dance sequences are used for training and performance in different dance styles | | |  |  |  |  |  |  |  |
| 1.3 Identify relationship between dance techniques and accompanying music | | |  |  |  |  |  |  |  |
| 2. Practise basic dance techniques | 2.1 Select and wear clothing and footwear required for practising dance | | |  |  |  |  |  |  |  |
| 2.2 Perform warm-up exercises according to safe dance practices | | |  |  |  |  |  |  |  |
| 2.3 Practise dance techniques and movements using required posture and body alignment | | |  |  |  |  |  |  |  |
| 2.4 Practise basic movement sequences demonstrating isolation and coordination of upper and lower body | | |  |  |  |  |  |  |  |
| 2.5 Apply locomotor techniques in dance practice session | | |  |  |  |  |  |  |  |
| 2.6 Seek feedback from others during practice sessions about ways to improve basic dance techniques | | |  |  |  |  |  |  |  |
| 3. Develop and practise combinations of dance techniques | 3.1 Discuss and select with required personnel the combinations of dance exercises to be performed | | |  |  |  |  |  |  |  |
| 3.2 Combine dance techniques within exercises using memory retention skills, control and finesse | | |  |  |  |  |  |  |  |
| 3.3 Incorporate musicality and phrasing into dance exercises according to dance combination requirements | | |  |  |  |  |  |  |  |
| 3.4 Perform warm-down exercises after dance activities according to safe dance practices | | |  |  |  |  |  |  |  |
| 4. Evaluate performance of basic dance techniques | 4.1 Evaluate own performance and development of basic dance techniques | | |  |  |  |  |  |  |  |
| 4.2 Seek coaching and feedback from others on performance and use of basic dance techniques, and note areas for improvement | | |  |  |  |  |  |  |  |
| 4.3 Set goals for improving dance techniques and develop a strategy to achieve them | | |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 two dance sequences. |  |  |  |  |  |  |  |
| In the course of the above, the candidate must: | | | | | | | |
| * perform a range of dance basic movements demonstrating: |  |  |  |  |  |  |  |
| * + balance |  |  |  |  |  |  |  |
| * + flexibility |  |  |  |  |  |  |  |
| * + coordination |  |  |  |  |  |  |  |
| * + weight transfer |  |  |  |  |  |  |  |
| * + control and articulation of individual body parts |  |  |  |  |  |  |  |
| * respond to constructive feedback on own performance |  |  |  |  |  |  |  |
| * follow safe dance practices |  |  |  |  |  |  |  |
| * use dance terminology in discussions when required. |  |  |  |  |  |  |  |
| **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: | | | | | | | |
| * dance terminology required for work described in performance evidence |  |  |  |  |  |  |  |
| * basic health and safety procedures that are used in dance classes |  |  |  |  |  |  |  |
| * strategies to evaluate performance and respond to coaching to set goals to improve techniques |  |  |  |  |  |  |  |
| * principles relating to dance movements and techniques, including: |  |  |  |  |  |  |  |
| * + relationship with gravity |  |  |  |  |  |  |  |
| * + spatial awareness |  |  |  |  |  |  |  |
| * + successional movement |  |  |  |  |  |  |  |
| * + use of breath |  |  |  |  |  |  |  |
| * + folding |  |  |  |  |  |  |  |
| * + extending |  |  |  |  |  |  |  |
| * + rotating |  |  |  |  |  |  |  |
| * + shifting weight |  |  |  |  |  |  |  |
| * principles of safe dance practice and injury prevention, including those relating to: |  |  |  |  |  |  |  |
| * + 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 |  |  |  |  |  |  |  |
| * + methods for safely perform dance movements that use: |  |  |  |  |  |  |  |
| * + balance |  |  |  |  |  |  |  |
| * + flexibility |  |  |  |  |  |  |  |
| * + coordination |  |  |  |  |  |  |  |
| * + weight transfer |  |  |  |  |  |  |  |
| * + locomotor techniques. |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Foundation Skills -** *This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.*  Foundation skills are an integral part of a unit of competency and must be assessed. A unit’s performance criteria can explicitly include foundation skills essential for performance. Alternatively, if foundation skills are not explicit in the performance criteria they must be described in the ‘foundation skills’ field of the unit of competency. (ASQA VAC 7.4)  Note: - You are required to complete the table below adding all information from the Foundation Skills mapping table for the unit of competency. **Some units do not list the foundation skills**, as they are embedded in the unit e.g., CHC and FSK units – in this case the table will be blank. | | | | | | | | |
| **Foundation Skills listed in the unit** | | **Learning resources**  (adjust titles as required) | | | | | | |
| **Learning Activities** | **Presentation slides** | **Learner guide** | **Handouts** | **Videos** | **Practical activities** | **Formative assessments** |
| Oral communication | * Obtains information by listening and questioning |  |  |  |  |  |  |  |
| Self-management | * Adopts a methodical and disciplined approach to dance class work * Identifies and applies a range of responses to music through dance movements * Applies knowledge of technique and safe dance practices to class work |  |  |  |  |  |  |  |
| Teamwork | * Discusses aspects of exercises and dance techniques with colleagues and teachers |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Have you considered the Assessment Conditions** | **YES** | **NO** |
| * What equipment is required for this unit |  |  |
| * What resources are required for this unit |  |  |