

Prerequisite requirements for entry into ATOD’s delivery of the CUA30313 Certificate III in Assistant Dance Teaching and the CUA40313 Certificate IV in Dance Teaching and Management.

Note These requirements will form part of the student’s need to complete the prerequisite core units of the CUA40313 for entry into the CUA50313 Diploma of Dance Teaching and Management.

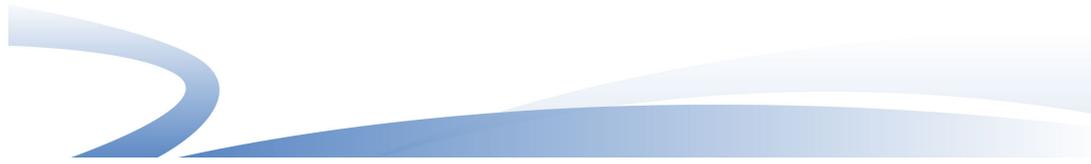
The ATOD entry requirements into the qualifications are to be able to **demonstrate basic dance technique in your chosen Genre.** (Jazz, Tap, Classical Ballet, Contemporary and Cultural dance)

This can be demonstrated through 3 pathways.

1. You can upload your highest-level examination completed with any association. (RAD, CSTD, BBO etc) *The minimum level required would be Elementary or equivalent for the Certificate IV and a Gold Star or equivalent for the Certificate III.*
2. If you have not completed any formal examinations through an association, you can upload an Audition Video to meet the requirements specified below.
3. If you have not completed any formal examinations and are no longer able to physically demonstrate due to age or physical restrictions such as pre-existing conditions or injuries, you can upload an audition video using a student to demonstrate to meet the requirements specified below

Please Select the option you will be supplying evidence for to meet the entry Requirement.

Option 1	Option 2	Option 3



Option 1: Highest Level Examination

Please Attach your highest examination level achieved to the back of your enrolment application.

Please note this must be in the chosen Genre you wish to complete your qualification assessments in when it comes to lesson plans and video evidence of your teaching etc.

The Genre's include:

Jazz

Tap

Classical Ballet

Contemporary

Cultural dance

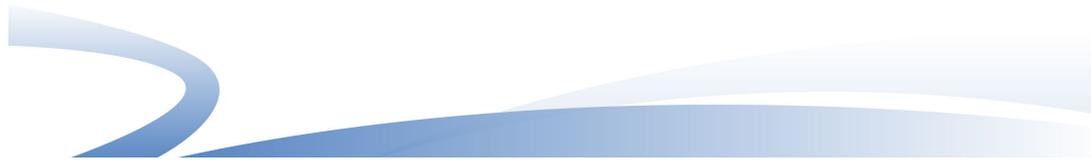
Other such as:

Hip Hop

or

Acrobatic Arts

Please note if your genre is not listed above and falls into the 'Other' category, you will need to seek approval by ATOD before submission.



Option 2: Audition Video

This audition video is used to determine your ability to demonstrate basic dance technique in your chosen Genre by ATOD.

Please Select your Genre and refer to the requirements for that Genre:

Jazz

Tap

Classical Ballet

Contemporary

Cultural dance

Other:

Hip Hop

or

Acrobatic Arts

Please note if your genre is not listed above and falls into the 'Other' category, you will need to seek approval by ATOD before submission.

Instructions:

Select your Genre and compile an audition video to submit to ATOD.

On this video:

Appropriate attire must be worn as if you were dressing for an audition or formal examination including correct footwear.

You must physically demonstrate the techniques specific to your Genre.

You must take into consideration and adhere to all safe dance practices.

This video should be filmed at a venue with adequate space and flooring appropriate to your genre.

This video must include sound, so we are able to see evidence of your musicality, expression, phrasing and correct timing.

The tables below specify the requirements for each genre as well as provide the observation sheet with the criteria the ATOD assessor will be evaluating you against.

Please compile a video demonstrating the following requirements:

Jazz Dance Technique			
Elements:	Content:	Time Frame	Criteria
Warm Up Cardio Stretch and Strengthening	Perform a Warmup demonstrating elements of Cardio, Stretch and Strengthening relevant to the techniques of Jazz	Up to 2 minutes	Demonstrates appropriate warm-up techniques Demonstrates high energy and coordination throughout cardio component Demonstrates emphasis on correct posture Stretch and Strengthening component demonstrates correct body alignment Demonstrates use of safe dance practice
Basic Skill Isolation Combination	Rib Isolations, Hip Isolations, Full body isolations i.e. body rolls etc.	2 Lots of 8	Demonstrates isolation and coordination of the upper and lower body. (iso-centric and polycentric isolations)
Centre or Corner Skills	Demonstrate 3 Short Sequences including at least 2 of the skills under each Part.		Demonstrates short and simple enchainements
A) Turns	A) Single or Double Retire Turns, Pose Turns, Up Down Turns, Chasse Turns, Chaine Turns	2 Lots of 8	Demonstrates a range of techniques/ skills that integrate: Balance, Flexibility, Stamina, Coordination, Weight transfer, Control Articulation of individual body parts
B) Kicks	B) Unfolding Kicks Front and Side, Kicks on a Releve Front and Side, Fan Kicks, Reverse Fan Kicks, Kicks Derriere could include an Attitude Position.	2 Lots of 8	Shows attention to detail and memory retention when demonstrating a simple series of steps or sequences Demonstrates correct posture and body alignment through execution of skills
C) Jumps	C) Forward Jete, Side Jete, Turning Jete, Split Jump, Hitch Kick	1-2 Lots of 8	



Jazz Dance Technique			
Dance Combination	Demonstrate a dance combination in a style of jazz, this could include up tempo, modern, cabaret, funk, lyrical.	Up to 1 minute	Demonstrates timing, phrasing and dynamic relationship between jazz dance movement and the accompanying music Demonstrates musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.
Cool Down	Perform a short Cool Down that lowers the heart rate and stretches the appropriate muscles both sides of the body.	2 Lots of 8	Demonstrates appropriate warm-down techniques

Please compile a video demonstrating the following requirements:

Tap Dance Technique			
Elements:	Content	Time	Criteria
Warm Up & Barre Practice	<p>Compose warm up at the barre including the following: Cardio movement - ball heels or tap springs at a faster tempo. Plies, rises, joint mobility exercises such as circles of the lower limbs, pointing and flexing. Calf and Achilles tendon stretches.</p> <p>Barre Skills: Nerve beats demonstrating different rhythms. Forward and backward beats, shuffles, pick-ups, Wings & Knock Wings</p>	Up to 3 Minutes	<p>Demonstrates appropriate warm-up techniques</p> <p>Demonstrates correct posture and body alignment appropriate to the movement techniques used for warm up and barre practice</p> <p>Demonstrates use of safe dance practice</p>
<p>Centre Practice</p> <p>A) Time Step and Break</p> <p>B) Wing Combination</p> <p>C) Turn Combination</p>	<p>Demonstrate 3 Short Sequences including at least 2 of the skills under each Part.</p> <p>A) A time step and Break relevant to your previous training.</p> <p>B) Double and syncopated wings, Travelling wings</p> <p>C) Shuffle turns, Ball heel turns, Pick up turns, Chaine turns.</p>	<p>A) 2 Lots of 8</p> <p>B) 2 Lots of 8</p> <p>C) 2 Lots of 8</p>	<p>Demonstrates short and simple enchaînements</p> <p>Demonstrates isolation and coordination of the upper and lower body in simple movement sequences</p> <p>Demonstrates a range of techniques that integrate Balance, Flexibility, Stamina, Coordination, Weight transfer Control Articulation of individual body parts</p>
Dance Combination	Demonstrate a Tap dance combination, this could be any tempo or style i.e. 3/4, 4/4, waltz, tango, speed etc.	Up to 1 minute.	<p>Demonstrates control, attention to detail and memory when demonstrating enchaînement of dance steps</p> <p>Demonstrates musicality, expression, phrasing and correct timing, and sensitivity in movement sequences</p>
Cool Down	Perform a short Cool Down that lowers the heart rate and relaxes/ stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates appropriate warm-down techniques

Please compile a video demonstrating the following requirements:

Classical Ballet Technique			
Elements	Content	Time	Criteria
Warm Up & Stretch and Strengthening	Perform a warmup demonstrating elements of cardio, stretch and strengthening relevant to the techniques of classical ballet.	Up to 2 minutes	Demonstrates appropriate warm-up techniques Demonstrates correct posture and body alignment appropriate to the movement techniques used for Classical Ballet warm up techniques Demonstrates use of safe dance practice
Barre Practice	Compose and perform a series of Barre Exercises including: Pliés (Demi and grand in all positions of the feet), Battement Tendu & Glisse, Rond de Jambe , Petit Battement, Battement Frappe, Battement Fondu, Releve Grand Battement Please note you can combine exercises together. They just need to be simple enchainments demonstrating the basic techniques. For example, Battment Tendu and Glisse can be performed En Croix from 5th Position.	Depending on exercise being demonstrated. 1-4 Lots of 8	Demonstrates short and simple enchainments Demonstrates isolation and coordination of the upper and lower body in simple movement sequences Demonstrates emphasis on body alignment and use of rotation and turnout.
Centre Practices	Demonstrate 4 Enchainments including the following movement techniques		Demonstrates a range of techniques that integrate: balance, flexibility, stamina, coordination, weight transfer control articulation of individual body parts
A) Port des Bras	A) Demonstrate knowledge of correct posture and body alignment appropriate to Port Des Bras. Showing at least 5 positions of the arms. Expressing a flow of movement with use of arms, head and eyes.	A) 2 Lots of 8	
B) Adage	B) Demonstrate a basic level of adage consisting of slow controlled movements. This could include Developpes to Devant or Second, Arabesque and Attitudes.	B) 2 Lots of 8	Maintains emphasis on body alignment and use of rotation and turnout.
C) Pirouettes	C) Demonstrate Single Pirouettes En dehor or En dedan.	C) 1 Lot of 8 Each side R & L	Demonstrates attention to detail, and memory retention when demonstrating simple linking of steps or enchainement of dance movements
D) Allegro	D) Steps of allegro could include: Glissades, assembles, petit jetes and jetes, temps leve etc.	D) 2 lots of 8	



Classical Ballet Technique			
Dance Enchainment	Demonstrate a Classical Ballet Dance Enchainment, focusing on the techniques required such as use of correct posture and turn out.	Up to 1 minute	Demonstrates the timing, phrasing and dynamic relationship between classical ballet movement and the accompanying music Demonstrates musicality, expression and sensitivity.
Cool Down	Perform a short cool down that lowers the heart rate and relaxes/ stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates appropriate warm-down techniques

Please compile a video demonstrating the following requirements:

Contemporary Dance Technique			
Elements	Content	Time	Criteria
Warm Up Cardio Stretch and Strengthening	This should include walking and running demonstrating the articulation of the feet, Mobilising of the Joint exercises, spinal curls, Stretches in Motion for example Salutes to the Sun etc	Up to 2 Minutes.	Demonstrates appropriate warm-up techniques Demonstrates correct posture and body alignment appropriate to the movement techniques used for contemporary warm up techniques Demonstrates use of safe dance practice
Basic Skill Floor Combination	Demonstrate a floor combination that incorporates rolls, use folding, maintains connection to the floor when required and use of in and out of the floor techniques.	2-4 Lots of 8	Demonstrates basic contemporary dance technique
Centre or Corner Skills	Demonstrate 3 Simple Enchainments including the following movement techniques:		Demonstrates short and simple enchainments
A) Plie & Foot Articulation	A) This enchainment should include, use of parallel and turnout, plies, rises, tendues and glisses also including the use of arms	2-4 Lots of 8	Demonstrates isolation and coordination of the upper and lower body in simple movement sequences Demonstrates a range of techniques that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts
B) Turns	B) This turn enchainment should include at least 3 of the following skills pirouettes, poses piques, pencil turns, off centre turns.	2 Lots of 8	Demonstrates musicality, expression, phrasing and correct timing, and sensitivity in movement sequences
C) Jumps	C) This enchainment should include, use of travel, jumps and leaps i.e. jetes forward and side, temps leves.	2 Lots of 8	Emphasise the importance of control, attention to detail and memory when demonstrating the simple chaining together of steps or combination of steps



Contemporary Dance Technique			
Dance Combination	Demonstrate a contemporary technique dance enchainment Showing linking of movement, correct body alignment, mind and body focus, differing tempos, musicality.	1 Minute	Demonstrates correct timing and phrasing between contemporary dance movement and the accompanying music
Cool Down	Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates appropriate warm-down techniques

Please compile a video demonstrating the following requirements:

Cultural Dance Technique			
Elements	Content	Time	Criteria
Warm Up Cardio Stretch and Strengthening	Perform a warmup demonstrating elements of Cardio, Stretch and Strengthening relevant to the techniques of your chosen cultural dance.	Up to 2 Minutes.	Demonstrates appropriate warm-up techniques Demonstrates correct posture and body alignment appropriate to the movement techniques used for warm up techniques Demonstrates use of safe dance practice
Centre or Corner Skills A) Enchainment 1 B) Enchainment 2 C) Enchainment 3	Demonstrate 3 Simple enchainments consisting of steps/ techniques authentic to your cultural dance style. Be sure to use appropriate attire for example if skirts or aprons are required or props. They should include: Non-locomotor movements: <ul style="list-style-type: none"> ▪ bending ▪ stretching ▪ swaying ▪ turning ▪ twisting Locomotor movements: <ul style="list-style-type: none"> ▪ leaping ▪ running ▪ skipping ▪ sliding ▪ walking 	2-4 Lots of 8 for each enchainment	Demonstrates short and simple enchainments Demonstrates correct posture and body alignment appropriate to cultural dance techniques and movement Demonstrates isolation and coordination of the upper and lower body in simple movement sequences Demonstrates a range of techniques that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts Emphasises control, attention to detail and memory when demonstrating simple sequences or enchainment of dance steps
Dance Combination	Perform a dance enchainment authentic to your chosen cultural dance technique. Use props if necessary, for example skirts, aprons, tambourines, lanterns, fans etc.	Up to 1 minute.	Shows emphasis using presentation, rhythm and style appropriate to particular dynamics of the cultural and creative dance Demonstrates musicality, expression, phrasing and correct timing, and sensitivity in movement sequences Demonstrates the timing and phrasing relationship between cultural and creative dance movement and the accompanying music



Cultural Dance Technique			
Cool Down	Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates appropriate warm-down techniques

Please compile a video demonstrating the following requirements:

Other Genres Street Dance/ Acrobatic Dance			
Please note this 'Other' Genre may need to be approved by ATOD before submission.			
Elements	Content	Time	Criteria
Warm Up Cardio Stretch and Strengthening	Perform a warmup demonstrating elements of Cardio, Stretch and Strengthening relevant to the techniques of your chosen genre.	Up to 2 Minutes.	Demonstrates appropriate warm-up techniques Demonstrates correct posture and body alignment appropriate to the movement techniques Demonstrates use of safe dance practice
Centre or Corner Skills/ Techniques A) Skill Combination 1 Floor B) Skill Combination 2 Coordination Elements C) Skill Combination 3 Travelling	Demonstrate 3 Combinations including the following relevant to your movement technique genre: Isolations Arm combinations Floor skills Pirouettes Kicks Jumps Tricks at a basic skill level Working on and off centre Other techniques relevant to your chosen genre.	2-4 Lots of 8 for each Combination	Demonstrates short and simple enchaînements Demonstrates isolation and coordination of the upper and lower body in simple movement sequences Demonstrates a range of techniques that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts Shows emphasise on the importance of control, attention to detail and memory when demonstrating simple series of steps or enchaînements Demonstrates correct posture and body alignment appropriate to chosen dance technique and movement
Dance Combination	Perform a dance enchainment relevant to your genre. Showing linking of movements with correct execution of technique, style, correct body alignment, mind and body focus, differing tempos and musicality.	Up to 1 minute.	Demonstrates the timing and phrasing relationship between dance movement and the accompanying music Demonstrates musicality, expression, and sensitivity in movement sequence



Other Genres Street Dance/ Acrobatic Dance			
Please note this 'Other' Genre may need to be approved by ATOD before submission.			
Cool Down	Perform a short cool down that lowers the heart rate and relaxes/ stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates appropriate warm-down techniques



Option 3: Audition Video

This audition video is used to determine your ability to demonstrate basic dance technique in your chosen Genre by ATOD.

This option is for candidates that are no longer able to physically demonstrate due to age or physical restrictions such as pre-existing conditions or injuries.

This option allows you to use a student to demonstrate the physical movements, but you must explain the technical components and create the content to demonstrate your knowledge of basic dance technique.

Please Select your Genre and refer to the requirements outlined in the tables below:

Jazz

Tap

Classical Ballet

Contemporary

Cultural dance

Other:

Hip Hop

or

Acrobatic Arts

Please note if your genre is not listed above and falls into the 'Other' category, you will need to seek approval by ATOD before submission.

Instructions:

Select your Genre and compile an audition video to submit to ATOD.

On this video:

Appropriate attire must be worn by you and your demonstrator, as if you were dressing for an audition or formal examination including correct footwear.

You must take into consideration and adhere to all safe dance practices.

This video should be filmed at a venue with adequate space, ventilation and flooring appropriate to your genre.

This video must include sound so we are able to hear you give instructions clearly, to demonstrate your technical knowledge and see evidence of the musicality, expression, phrasing and correct timing performed by your student.

You must verbally explain on the video the basic dance techniques being demonstrated by the student specific to your Genre.

The content the student is demonstrating must be composed by the candidate being assessed in the audition.

The student/ demonstrator in the video must be at the appropriate skill level required to perform these elements.

The best process would be to talk the demonstrator through the movements while you are explaining the technical elements.

While explaining the techniques, it is encouraged that you demonstrate as much as possible showing correct placement and body alignments etc.

The tables below will specify the requirements for each Genre as well as provide the Observation sheet with the criteria the ATOD assessor will be evaluating against.

Please compile a video containing the following requirements:

Jazz Dance Technique			
Elements:	Content:	Time Frame	Criteria
Warm Up Cardio Stretch and Strengthening	Compose and teach a warmup demonstrating elements of Cardio, Stretch and Strengthening relevant to the techniques of Jazz	Up to 2 minutes	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> • appropriate warm-up techniques • Emphasis on correct posture throughout • Correct body alignment in the stretch and strengthening component • Safe dance practices
Basic Skill Isolation Combination	Compose and teach an isolation combination including: Rib Isolations, Hip Isolations, Full body isolations i.e. body rolls etc.	2 Lots of 8	Verbalises and demonstrates knowledge of isolations and coordination of the upper and lower body. (iso-centric and polycentric isolations)
Centre or Corner Skills A) Turns B) Kicks C) Jumps	Compose and teach 3 Short Sequences including at least 2 of the skills under each Part. A) Single or Double Retire Turns, Pose Turns, Up Down Turns, Chasse Turns, Chaine Turns B) Unfolding Kicks Front and Side, Kicks on a Releve Front and Side, Fan Kicks, Reverse Fan Kicks, Kicks Derriere could include an Attitude Position. C) Forward Jete, Side Jete, Turning Jete, Split Jump, Hitch Kick	A) 2 Lots of 8 B) 2 Lots of 8 C) 1-2 Lots of 8	Composes short and simple enchainements to the required level Verbalises and demonstrates knowledge of a range of techniques/ skills that integrate: Balance, Flexibility, Stamina, Coordination, Weight transfer, Control Articulation of individual body parts Shows attention to detail and memory retention when verbalising or demonstrating a simple series of steps or sequences Demonstrates knowledge of correct posture and body alignment throughout execution of skills



Jazz Dance Technique			
Dance Combination	Compose and teach a dance combination in a style of jazz this could include up tempo, modern, cabaret, funk, lyrical.	Up to 1 minute	Demonstrates knowledge of timing, phrasing and dynamic relationship between jazz dance movement and the accompanying music Demonstrates use of musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.
Cool Down	Compose and teach a short cool down that lowers the heart rate and stretches the appropriate muscles both sides of the body.	2 Lots of 8	Demonstrates knowledge of appropriate warm-down techniques

Please compile a video containing the following requirements:

Classical Ballet Technique			
Elements	Content	Time	Criteria
Warm Up & Stretch and Strengthening	Compose and teach a warmup demonstrating elements of cardio, stretch and strengthening relevant to the techniques of classical ballet.	Up to 2 minutes	<p>Verbalises and demonstrates knowledge of:</p> <ul style="list-style-type: none"> • Appropriate warm-up techniques • Correct posture and body alignment appropriate to the movement techniques used for Classical Ballet • Safe dance practice
Barre Practice	<p>Compose and teach a series of Barre Exercises that include the following elements: Pliés (Demi and grand in all positions of the feet), Battement Tendu & Glisse, Rond de Jambe , Petit Battement, Battement Frappe, Battement Fondu, Releve Grand Battement</p> <p>Please note you can combine exercises together. They just need to be simple enchainments demonstrating the basic techniques. For example, Battment Tendu and Glisse can be performed En Croix from 5th Position.</p>	<p>Depending on exercise being demonstrated. 1-4 Lots of 8</p>	<p>Composes short and simple enchainments to the required level</p> <p>Demonstrates knowledge of isolation and coordination of the upper and lower body in simple movement sequences</p> <p>Demonstrates knowledge of emphasis on body alignment and use of rotation and turnout.</p>



Classical Ballet Technique			
Centre Practices	Compose and teach 4 Enchainments including the following movement techniques		Demonstrates knowledge of a range of techniques that integrate:
A) Port des Bras	A) Port Des Bras demonstrating correct posture and body alignment. Showing at least 5 positions of the arms. Expressing a flow of movement with use of arms, head and eyes.	A) 2 Lots of 8	balance, flexibility, stamina, coordination, weight transfer control articulation of individual body parts
B) Adage	B) Basic level of adage consisting of slow controlled movements. This could include Developpes to Devant or Second, Arabesque and Attitudes.	B) 2 Lots of 8	Demonstrates knowledge on the emphasis on body alignment and use of rotation and turnout.
C) Pirouettes	C) Single Pirouettes En dehor or En dedan.		
D) Allegro	D) Steps of allegro could include: Glissades, assembles, petit jetes and jetes, temps leve etc	C) 1 Lot of 8 Each side Right & Left D) 2 lots of 8	Shows attention to detail and memory retention when verbalising or demonstrating a simple series of steps or sequences
Dance Enchainment	Compose and teach a Classical Ballet Dance Enchainment, focusing on the techniques required. Ensure use of correct posture and turnout.	Up to 1 minute	Demonstrates knowledge of timing, phrasing and dynamic relationship between classical ballet movement and the accompanying music Demonstrates knowledge of musicality, expression and sensitivity.
Cool Down	Compose and teach a short cool down that lowers the heart rate and relaxes/ stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates knowledge of appropriate warm-down techniques

Please compile a video containing the following requirements:

Contemporary Dance Technique			
Elements	Content	Time	Criteria
Warm Up Cardio Stretch and Strengthening	Compose a warmup that includes elements such as walking and running demonstrating the articulation of the feet, Exercises for mobilising the joints, spinal curls, stretches in motion for example salutes to the sun in yoga etc	Up to 2 Minutes.	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> • Appropriate warm-up techniques • Correct posture and body alignment appropriate to the movement techniques used for contemporary warm up techniques • Use of safe dance practice
Basic Skill Floor Combination	Compose a floor combination that incorporates rolls, use folding, maintains connection to the floor when required and use of in and out of the floor techniques.	2-4 Lots of 8	Demonstrates knowledge of basic contemporary dance technique relevant to floor work.
Centre or Corner Skills	Compose and teach 3 Simple Enchainments that include the following movement techniques:		Composes short and simple enchainments to the required level
A) Plie & Foot Articulation	A) This enchainment should include, use of parallel and turnout, plies, rises, tendues and glisses also including the use of arms	2-4 Lots of 8	Demonstrates knowledge of isolation and coordination of the upper and lower body in simple movement sequences
B) Turns	B) This turn enchainment should include at least 3 of the following skills pirouettes, poses piques, pencil turns, off centre turns.	2 Lots of 8	Demonstrates knowledge of a range of techniques that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts
C) Jumps	C) This enchainment should include, use of travel, jumps and leaps i.e. jetes forward and side, temps leves.	2 Lots of 8	Demonstrates knowledge of musicality, expression, phrasing and correct timing, and sensitivity in movement sequences
			Demonstrates knowledge on the importance of control, attention to detail and memory when demonstrating the simple chaining together of steps or combination of steps



Contemporary Dance Technique			
Dance Combination	Compose a contemporary technique dance enchainment showing linking of movement, correct body alignment, mind and body focus, differing tempos and musicality.	1 Minute	Demonstrates knowledge of correct timing and phrasing between contemporary dance movement and the accompanying music
Cool Down	Compose a short cool down that lowers the heart and relaxes/ stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates knowledge of appropriate warm-down techniques

Please compile a video containing the following requirements:

Cultural Dance Technique			
Elements	Content	Time	Criteria
Warm Up Cardio Stretch and Strengthening	Compose a warmup demonstrating elements of Cardio, Stretch and Strengthening relevant to the techniques of your chosen cultural dance.	Up to 2 Minutes.	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> • Appropriate warm-up techniques • Correct posture and body alignment appropriate to the movement techniques used for warm up techniques • Use of safe dance practice
Centre or Corner Skills A) Enchainment 1 B) Enchainment 2 C) Enchainment 3	Compose and teach 3 simple enchainments consisting of steps/ techniques authentic to your chosen cultural dance style. Be sure to use appropriate attire for example if skirts or aprons are required or props. They should include: Non-locomotor movements: <ul style="list-style-type: none"> ▪ bending ▪ stretching ▪ swaying ▪ turning ▪ twisting Locomotor movements: <ul style="list-style-type: none"> ▪ leaping ▪ running ▪ skipping ▪ sliding ▪ walking 	2-4 Lots of 8 for each enchainment	Demonstrates knowledge of how to compose basic short and simple enchainments to the required level Demonstrates knowledge of correct posture and body alignment appropriate to cultural dance techniques and movements Demonstrates knowledge of isolation and coordination of the upper and lower body in simple movement sequences Demonstrates knowledge of a range of techniques that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts Demonstrates the emphasis on control, attention to detail and memory when demonstrating simple sequences or enchainment of dance steps
Dance Combination	Compose and teach a dance enchainment authentic to your chosen cultural dance technique. Use props if necessary, for example skirts, aprons, tambourines, lanterns, fans etc.	Up to 1 minute.	Demonstrates knowledge on the emphasis of using presentation, rhythm and style appropriate to particular dynamics of the cultural and creative dance Demonstrates knowledge of musicality, expression, phrasing and correct timing, and sensitivity in movement sequences Demonstrates knowledge of the timing and phrasing relationship between cultural and creative dance movement and the accompanying music



Cultural Dance Technique			
Cool Down	Compose and teach a short cool down that lowers the heart rate and relaxes/ stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates knowledge of appropriate warm-down techniques

Please compile a video containing the following requirements:

Other Genres Street Dance/ Acrobatic Dance		Please note this 'Other' Genre may need to be approved by ATOD before submission.	
Elements	Content	Time	Criteria
Warm Up Cardio Stretch and Strengthening	Compose and teach a warmup demonstrating elements of Cardio, Stretch and Strengthening relevant to the techniques of your chosen genre.	Up to 2 Minutes.	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> • Appropriate warm-up techniques • Correct posture and body alignment appropriate to the movement techniques and genre • Use of safe dance practice
Centre or Corner Skills/ Techniques A) Skill Combination 1 Floor B) Skill Combination 2 Coordination Elements C) Skill Combination 3 Travelling	Compose and teach 3 combinations including the following movement techniques relevant to your genre: Isolations Arm combinations Floor skills Pirouettes Kicks Jumps Tricks at a basic skill level Working on and off centre Other techniques relevant to your chosen genre.	2-4 Lots of 8 for each Combination	Demonstrates knowledge how to short and simple enchaînements to the required level Demonstrates knowledge of isolation and coordination of the upper and lower body in simple movement sequences Demonstrates knowledge of a range of techniques that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts Demonstrates knowledge on the importance of control, attention to detail and memory when demonstrating simple series of steps or enchaînements Demonstrates knowledge of correct posture and body alignment appropriate to chosen dance technique and movement



Other Genres Street Dance/ Acrobatic Dance		Please note this 'Other' Genre may need to be approved by ATOD before submission.	
Dance Combination	Compose and teach a dance enchainment relevant to your genre. Showing linking of movements with correct execution of technique, style, correct body alignment, mind and body focus, differing tempos and musicality.	Up to 1 minute.	Demonstrates knowledge on the timing and phrasing relationship between dance movement and the accompanying music Demonstrates knowledge on musicality, expression, and sensitivity in movement sequence.
Cool Down	Compose and teach a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	2-4 Lots of 8	Demonstrates knowledge of appropriate warm-down techniques