



## **Prerequisite requirements for entry into:**

- **CUA30313 Certificate III in Assistant Dance Teaching**
- **CUA40313 Certificate IV in Dance Teaching and Management**

**This document contains the pre-requisite requirements for entry into:**

- **CUA30313 Certificate III in Assistant Dance Teaching**
- **CUA40313 Certificate IV in Dance Teaching and Management**

**delivered by Australian Teachers of Dancing.**

**Note:** These requirements will form part of the pre-requisite 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 the selected genre below:

- Jazz
- Tap
- Classical Ballet
- Contemporary
- Cultural Dance.

This can be demonstrated through three pathways.

### **Option 1: Highest Level Examination**

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.

### **Option 2: Audition Video**

If you have not completed any formal examinations through an association, an audition video can be uploaded to meet the requirements specified below.

### **Option 3: Audition Video**

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, an audition video can be uploaded using a student to demonstrate to meet the requirements specified below.

Please select the option that 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 the enrolment application.

**Please note:** this must be in the genre that you have chosen to complete your qualification assessments in for lesson plans and video evidence of your teaching etc.

### Genres include:

- Jazz
- Tap
- Classical Ballet
- Contemporary Cultural Dance, and others -
- Hip Hop
- 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 techniques in your chosen genre by ATOD.

Please select your genre and refer to the requirements:

- Jazz
- Tap
- Classical Ballet
- Contemporary Cultural Dance and others -
- Hip Hop
- 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.

In this video, you must:

- wear appropriate attire, as if you were dressing for an audition or formal examination. This includes correct footwear.
- physically demonstrate the techniques specific to your genre.
- take into consideration and adhere to all safe dance practices.
- film this video at a venue with adequate space and flooring appropriate to your genre.
- include sound, so that 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 against which the ATOD assessor will be evaluating you.

## JAZZ DANCE

Please compile a video demonstrating the following requirements:

Jazz Dance Technique			
Elements	Content	Time Frame	Criteria
<b>Warm Up</b> <ul style="list-style-type: none"><li>• Cardio</li><li>• Stretch and Strengthening</li></ul>	Perform a warmup demonstrating elements of cardio, stretch and strengthening, relevant to the techniques of Jazz.	Up to two minutes.	Demonstrates: <ul style="list-style-type: none"><li>• appropriate warm-up techniques.</li><li>• high energy and coordination throughout cardio component.</li><li>• emphasis on correct posture.</li><li>• correct body alignment in stretch and strengthening component</li><li>• use of safe dance practice.</li></ul>
<b>Basic Skill</b> <ul style="list-style-type: none"><li>• Isolation</li><li>• Combination</li></ul>	Rib isolations, hip isolations, full body isolations i.e. body rolls etc.	Two lots of eight.	Demonstrates isolation and coordination of the upper and lower body. (iso-centric and polycentric isolations).

## Jazz Dance Technique

<b>Centre or Corner Skills</b>	Demonstrate three short sequences including at least two of the skills under each part.		Demonstrates short and simple enchainements
<b>A) Turns</b>	Single or Double Retire Turns, Pose Turns, Up Down Turns, Chasse Turns, Chaine Turns	Two lots of eight.	Demonstrates a range of techniques/ skills that integrate: <ul style="list-style-type: none"> <li>• balance</li> <li>• flexibility</li> <li>• stamina</li> <li>• coordination</li> <li>• weight transfer</li> <li>• control</li> <li>• articulation of individual body parts.</li> </ul>
<b>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.	Two lots of eight.	
<b>(C) Jumps</b>	Forward Jete, Side Jete, Turning Jete, Split Jump, Hitch Kick	One to two lots of eight.	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.
<b>Dance Combination</b>	Demonstrate a dance combination in a style of jazz, this could include up tempo, modern, cabaret, funk, lyrical.	Up to one minute	Demonstrates: <ul style="list-style-type: none"> <li>• timing, phrasing and dynamic relationship between Jazz dance movement and the accompanying music.</li> <li>• musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.</li> </ul>
<b>Cool Down</b>	Perform a short cool down that lowers the heart rate and stretches the appropriate muscles both sides of the body.	Two lots of eight.	Demonstrates appropriate warm-down techniques.

## TAP DANCE

Please compile a video demonstrating the following requirements:

Tap Dance Technique			
Elements	Content	Time	Criteria

## Tap Dance Technique

<b>Warm Up and Barre Practice</b>	<p>Compose warm up at the barre including the following:</p> <ul style="list-style-type: none"> <li>• Cardio movement - ball heels or tap springs at a faster tempo.</li> <li>• Plies, rises, joint mobility exercises such as circles of the lower limbs, pointing and flexing. calf and Achilles tendon stretches.</li> </ul> <p>Barre Skills:</p> <ul style="list-style-type: none"> <li>• Nerve beats demonstrating different rhythms.</li> <li>• Forward and backward beats, shuffles, pick-ups, wings and knock wings.</li> </ul>	Up to three minutes.	<p>Demonstrates:</p> <ul style="list-style-type: none"> <li>• appropriate warm-up techniques.</li> <li>• correct posture and body alignment appropriate to the movement techniques used for warm up and barre practice.</li> <li>• use of safe dance practice.</li> </ul>
<b>Centre Practice</b>	Demonstrate three short sequences including at least two of the skills under each part.		<p>Demonstrates:</p> <ul style="list-style-type: none"> <li>• short and simple enchaînements.</li> <li>• isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>• a range of techniques that integrate: <ul style="list-style-type: none"> <li>○ balance,</li> <li>○ flexibility,</li> <li>○ stamina,</li> <li>○ coordination,</li> <li>○ weight transfer</li> <li>○ control</li> <li>○ Articulation of individual body parts.</li> </ul> </li> </ul>
<b>A) Time Step and Break</b>	A time step and break relevant to your previous training.	Two lots of eight.	
<b>B) Wing Combination</b>	Double and syncopated wings, Travelling wings.	Two lots of eight.	
<b>C) Turn Combination</b>	Shuffle turns, ball heel turns, pick up turns, Chaine turns.	Two lots of eight.	
<b>Dance Combination</b>	Demonstrate a Tap dance combination. This could be any tempo or style i.e. 3/4, 4/4, waltz, tango, speed etc.	Up to one minute.	<p>Demonstrates:</p> <ul style="list-style-type: none"> <li>• control, attention to detail and memory when demonstrating enchaînement of dance steps.</li> <li>• musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.</li> </ul>
<b>Cool Down</b>	Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	Two to four lots of eight.	Demonstrates appropriate warm-down techniques.



## CLASSICAL BALLET

Please compile a video demonstrating the following requirements:

Classical Ballet Technique			
Elements	Content	Time	Criteria
<b>Warm Up and Stretch and Strengthening</b>	Perform a warmup demonstrating elements of cardio, stretch and strengthening relevant to the techniques of Classical Ballet.	Up to two minutes	Demonstrates: <ul style="list-style-type: none"> <li>appropriate warm-up techniques.</li> <li>correct posture and body alignment appropriate to the movement techniques used for Classical Ballet warm up techniques.</li> <li>use of safe dance practice.</li> </ul>
<b>Barre Practice</b>	<p>Compose and perform a series of Barre exercises including:</p> <ul style="list-style-type: none"> <li>Pliés ( Demi and grand in all positions of the feet),</li> <li>Battement Tendu &amp; Glisse,</li> <li>Rond de Jambe,</li> <li>Petit Battement,</li> <li>Battement Frappe,</li> <li>Battement Fondu,</li> <li>Releve,</li> <li>Grand Battement.</li> </ul> <p>Please note you can combine exercises together.</p> <p>They just need to be simple enchainments demonstrating the basic techniques. For example, Battement Tendu and Glisse can be performed En Croix from fifth position.</p>	<p>Depending on exercise being demonstrated.</p> <p>One to four lots of eight.</p>	Demonstrates: <ul style="list-style-type: none"> <li>short and simple enchainments;</li> <li>isolation and coordination of the upper and lower body in simple movement sequences;</li> <li>emphasis on body alignment and use of rotation and turnout.</li> </ul>

## Classical Ballet Technique

<b>Centre Practices</b>	Demonstrate four Enchainments including the following movement techniques:		Demonstrates a range of techniques that integrate:
<b>A. Port des Bras</b>	Demonstrate knowledge of correct posture and body alignment appropriate to Port Des Bras, showing at least five positions of the arms. Expressing a flow of movement with use of arms, head and eyes.	Two lots of eight	<ul style="list-style-type: none"> <li>balance,</li> <li>flexibility,</li> <li>stamina,</li> <li>coordination,</li> <li>weight transfer,</li> <li>control,</li> <li>articulation of individual body parts.</li> </ul>
<b>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.	Two lots of eight	Maintains emphasis on body alignment and use of rotation and turnout.
<b>C. Pirouettes</b>	Demonstrate Single Pirouettes En dehor or En dedan.	One lot of eight. Each side right and left.	Demonstrates attention to detail, and memory retention when demonstrating simple linking of steps or enchainement of dance movements.
<b>D. Allegro</b>	Steps of allegro could include: Glissades, assembles, petit jetes and jetes, temps leve etc.	Two lots of eight.	
<b>Dance Enchainment</b>	Demonstrate a Classical Ballet Dance Enchainment, focusing on the techniques required such as use of correct posture and turn out.	Up to one minute.	Demonstrates: <ul style="list-style-type: none"> <li>the timing, phrasing and dynamic relationship between classical ballet movement and the accompanying music.</li> <li>musicality, expression and sensitivity.</li> </ul>
<b>Cool Down</b>	Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	Two to four lots of eight.	Demonstrates appropriate warm-down techniques.



## CONTEMPORARY DANCE

Please compile a video demonstrating the following requirements:

Contemporary Dance Technique			
Elements	Content	Time	Criteria
<b>Warm Up</b> <b>Cardio</b> <b>Stretch and Strengthening</b>	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 two minutes.	Demonstrates: <ul style="list-style-type: none"> <li>• appropriate warm-up techniques.</li> <li>• correct posture and body alignment appropriate to the movement techniques used for contemporary warm up techniques.</li> <li>• use of safe dance practice.</li> </ul>
<b>Basic Skill</b> <b>Floor Combination</b>	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.	Two to four lots of eight.	Demonstrates basic contemporary dance technique.
<b>Centre or Corner Skills</b>  <b>A. Plie and Foot Articulation</b>  <b>B. Turns</b>  <b>C. Jumps</b>	Demonstrate three simple Enchainments including the following movement techniques:  This enchainment should include, use of parallel and turnout, plies, rises, tendues and glisses also including the use of arms.  This turn enchainment should include at least three of the following skills: <ul style="list-style-type: none"> <li>• pirouettes</li> <li>• poses</li> <li>• piques</li> <li>• pencil turns</li> <li>• off centre turns.</li> </ul> This enchainment should include, use of travel, jumps and leaps i.e. jetes forward and side, temps leves.	Two to four lots of eight.  Two lots of eight.  Two lots of eight.	Demonstrates: <ul style="list-style-type: none"> <li>• short and simple enchainments.</li> <li>• isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>• a range of techniques that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts.</li> <li>• musicality, expression, phrasing and correct timing, and sensitivity in movement sequences</li> </ul> Emphasise the importance of control, attention to detail and memory when demonstrating the simple chaining together of steps or combination of steps.
<b>Dance Combination</b>	Demonstrate a contemporary technique dance enchainment showing linking of movement, correct body alignment, mind and body focus, differing tempos, musicality.	One minute.	Demonstrates correct timing and phrasing between contemporary dance movement and the accompanying music.

## Contemporary Dance Technique

Contemporary Dance Technique			
<b>Cool Down</b>	Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	Two to four lots of eight.	Demonstrates appropriate warm-down techniques.

## CULTURAL DANCE

Please compile a video demonstrating the following requirements:

### Cultural Dance Technique

Elements	Content	Time	Criteria
<b>Warm Up</b> 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 two minutes.	Demonstrates: <ul style="list-style-type: none"> <li>appropriate warm-up techniques.</li> <li>correct posture and body alignment appropriate to the movement techniques used for warm up techniques.</li> <li>use of safe dance practice.</li> </ul>
<b>Centre or Corner Skills</b>	Demonstrate three simple enchainments consisting of steps/ techniques authentic to your cultural dance style.	Two to four lots of eight for each enchainment.	Demonstrates: <ul style="list-style-type: none"> <li>short and simple enchainments.</li> <li>correct posture and body alignment appropriate to cultural dance techniques and movement.</li> <li>isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>a range of <b>techniques that</b> integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts.</li> <li>control, attention to detail and memory when demonstrating simple sequences or enchainment of dance steps.</li> </ul>
<b>A) Enchainment 1</b>	Be sure to use appropriate attire for example if skirts or aprons are required or props.  They should include:		
<b>B) Enchainment 2</b>	Non-locomotor movements: <ul style="list-style-type: none"> <li>bending</li> <li>stretching</li> <li>swaying</li> <li>turning</li> <li>twisting</li> </ul>		
<b>C) Enchainment 3</b>	Locomotor movements: <ul style="list-style-type: none"> <li>leaping</li> <li>running</li> <li>skipping</li> <li>sliding</li> <li>walking</li> </ul>		

## Cultural Dance Technique

<b>Dance Combination</b>	<p>Perform a dance enchainment authentic to your chosen cultural dance technique.</p> <p>Use props if necessary, for example skirts, aprons, tambourines, lanterns, fans etc.</p>	Up to one minute.	<p>Shows emphasis using presentation, rhythm and style appropriate to particular dynamics of the cultural and creative dance.</p> <p>Demonstrates:</p> <ul style="list-style-type: none"> <li>musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.</li> <li>the timing and phrasing relationship between cultural and creative dance movement and the accompanying music.</li> </ul>
<b>Cool Down</b>	Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	Two to four lots of eight.	Demonstrates appropriate warm-down techniques.

## OTHER GENRES – STREET DANCE / ACROBATIC DANCE

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
<b>Warm Up</b> Cardio Stretch and Strengthening	Perform a warmup demonstrating elements of cardio, stretch and strengthening relevant to the techniques of your chosen genre.	Up to two minutes.	<p>Demonstrates:</p> <ul style="list-style-type: none"> <li>appropriate warm-up techniques.</li> <li>correct posture and body alignment appropriate to the movement techniques.</li> <li>use of safe dance practice.</li> </ul>

## Other Genres - Street Dance / Acrobatic Dance

**Please note this 'Other' Genre may need to be approved by ATOD before submission.**

<p><b>Centre or Corner Skills/ Techniques</b></p> <p><b>A) Skill Combination 1 Floor</b></p> <p><b>B) Skill Combination 2 Coordination Elements</b></p> <p><b>C) Skill Combination 3 Travelling</b></p>	<p>Demonstrate three combinations including the following relevant to your movement technique genre:</p> <ul style="list-style-type: none"> <li>• Isolations</li> <li>• Arm combinations</li> <li>• Floor skills</li> <li>• Pirouettes</li> <li>• Kicks</li> <li>• Jumps</li> <li>• Tricks at a basic skill level</li> <li>• Working on and off centre</li> <li>• Other techniques relevant to your chosen genre.</li> </ul>	<p>Two to four lots of eight for each combination.</p>	<p>Demonstrates:</p> <ul style="list-style-type: none"> <li>• short and simple enchaînements.</li> <li>• isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>• a range of <b>techniques that</b> integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts.</li> <li>• correct posture and body alignment appropriate to chosen dance technique and movement.</li> </ul> <p>Shows emphasis on the importance of control, attention to detail and memory when demonstrating simple series of steps or enchaînements.</p>
<p><b>Dance Combination</b></p>	<p>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.</p>	<p>Up to one minute.</p>	<p>Demonstrates:</p> <ul style="list-style-type: none"> <li>• the timing and phrasing relationship between dance movement and the accompanying music.</li> <li>• musicality, expression, and sensitivity in movement sequence</li> </ul>
<p><b>Cool Down</b></p>	<p>Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.</p>	<p>Two to four lots of eight.</p>	<p>Demonstrates appropriate warm-down techniques.</p>

### 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 who 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. However, 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 and others:
- Hip Hop
- 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.

In this video, you must:

- wear appropriate attire, as if you were dressing for an audition or formal examination. Your demonstrator should also wear appropriate attire. This includes correct footwear.
- take into consideration and adhere to all safe dance practices.
- film this video at a venue with adequate space and flooring appropriate to your genre.
- 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.
- verbally explain on the video the basic dance techniques being demonstrated by the student specific to your genre.
- ensure that the content the student is demonstrating is composed by the candidate being assessed in the audition.

- Ensure that the student/ demonstrator in the video is at the appropriate skill level required to perform these elements.
- Consider that 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 specify the requirements for each genre as well as provide the observation sheet with the criteria against which the ATOD assessor will be evaluating you.

## JAZZ DANCE

Please compile a video containing the following requirements:

Jazz Dance Technique			
Elements	Content	Time Frame	Criteria
<b>Warm Up</b> Cardio Stretch and Strengthening	Compose and teach a warmup demonstrating elements of cardio, stretch and strengthening relevant to the techniques of Jazz.	Up to two minutes.	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> <li>• appropriate warm-up techniques.</li> <li>• emphasis on correct posture throughout.</li> <li>• correct body alignment in the stretch and strengthening component.</li> <li>• safe dance practices.</li> </ul>
<b>Basic Skill</b> Isolation Combination	Compose and teach an isolation combination including: <ul style="list-style-type: none"> <li>• Rib Isolations</li> <li>• Hip Isolations</li> <li>• Full body isolations i.e. body rolls etc.</li> </ul>	Two lots of eight.	Verbalises and demonstrates knowledge of isolations and coordination of the upper and lower body. (iso-centric and polycentric isolations)



## Jazz Dance Technique

Centre or Corner Skills	Compose and teach three short sequences including at least two of the skills under each part.		Composes short and simple enchainements to the required level.
<b>A) Turns</b>	Single or Double Retire Turns, Pose Turns, Up Down Turns, Chasse Turns, Chaîne Turns.	Two lots of eight	Verbalises and demonstrates knowledge of a range of techniques/ skills that integrate:
<b>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.	Two lots of eight.	<ul style="list-style-type: none"> <li>Balance</li> <li>Flexibility</li> <li>Stamina</li> <li>Coordination</li> <li>Weight transfer</li> <li>Control</li> <li>Articulation of individual body parts</li> </ul>
<b>C) Jumps</b>	Forward Jete, Side Jete, Turning Jete, Split Jump, Hitch Kick	One to two lots of eight.	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.
<b>Dance Combination</b>	Compose and teach a dance combination in a style of Jazz. This could include up tempo, modern, cabaret, funk, lyrical.	Up to one minute	Demonstrates: <ul style="list-style-type: none"> <li>knowledge of timing, phrasing and dynamic relationship between jazz dance movement and the accompanying music.</li> <li>use of musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.</li> </ul>
<b>Cool Down</b>	Compose and teach a short cool down that lowers the heart rate and stretches the appropriate muscles both sides of the body.	Two lots of eight.	Demonstrates knowledge of appropriate warm-down techniques.

## TAP DANCE

Please compile a video containing the following requirements:

Tap Dance Technique			
Elements	Content	Time	Criteria

## Tap Dance Technique

<b>Warm Up and Barre Practice</b>	<p>Compose and teach a warmup at the barre including the following:</p> <ul style="list-style-type: none"> <li>• Cardio movement - ball heels or tap springs at a faster tempo.</li> <li>• Plies, rises, joint mobility exercises such as circles of the lower limbs, pointing and flexing. Calf and Achilles tendon stretches.</li> </ul> <p>Barre Skills:</p> <ul style="list-style-type: none"> <li>• Nerve beats demonstrating different rhythms.</li> <li>• Forward and backward beats, shuffles, pick ups,</li> <li>• Wings and Knock Wings.</li> </ul>	Up to three minutes.	<p>Verbalises and demonstrates knowledge of:</p> <ul style="list-style-type: none"> <li>• Appropriate warm-up techniques.</li> <li>• Correct posture and body alignment appropriate to the movement techniques used for warm up and barre practice.</li> <li>• Safe dance practices.</li> </ul>
<b>Centre Practice</b>	Compose and teach three short sequences demonstrating the following movement techniques:		Composes short and simple enchainements.
<b>A) Time Step and Break</b>	A time step and break relevant to your previous training.	Two lots of eight.	Verbalises and demonstrates knowledge of isolation and coordination of the upper and lower body in simple movement sequences.
<b>B) Wing Combination</b>	Double and syncopated wings, travelling wings.	Two lots of eight.	Verbalises and demonstrates knowledge of a range of techniques that integrate:
<b>C) Turn Combination</b>	Shuffle turns, Ball heel turns, Pick up turns, Chaîne turns.	Two lots of eight.	<ul style="list-style-type: none"> <li>• Balance,</li> <li>• Flexibility</li> <li>• Stamina</li> <li>• Coordination</li> <li>• Weight transfer</li> <li>• Control</li> <li>• Articulation of individual body parts.</li> </ul>
<b>Dance Combination</b>	Compose and teach a tap dance combination, this could be any tempo or style i.e. 3/4, 4/4, waltz, tango, speed etc.	Up to one minute.	<p>Demonstrates:</p> <ul style="list-style-type: none"> <li>• knowledge of importance of control, attention to detail and memory when demonstrating enchainement of dance steps.</li> <li>• knowledge of musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.</li> </ul>
<b>Cool Down</b>	Perform a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	Two to four lots of eight.	Demonstrates appropriate warm-down techniques.

## CLASSICAL BALLET

Please compile a video containing the following requirements:

Classical Ballet Technique			
Elements	Content	Time	Criteria
<b>Warm Up and Stretch and Strengthening</b>	Compose and teach a warmup demonstrating elements of cardio, stretch and strengthening relevant to the techniques of Classical Ballet.	Up to two minutes.	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> <li>• Appropriate warm-up techniques.</li> <li>• Correct posture and body alignment appropriate to the movement techniques used for Classical Ballet.</li> <li>• Safe dance practice.</li> </ul>
<b>Barre Practice</b>	<p>Compose and teach a series of Barre Exercises that include the following elements:</p> <ul style="list-style-type: none"> <li>• Pliés (Demi and grand in all positions of the feet)</li> <li>• Battement Tendu and Glisse, Rond de Jambe</li> <li>• Petit Battement</li> <li>• Battement Frappe</li> <li>• Battement Fondu</li> <li>• Releve</li> <li>• Grand Battement</li> </ul> <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.</p> <p>One to four lots of eight.</p>	<p>Composes short and simple enchainments to the required level.</p> <p>Demonstrates knowledge of:</p> <ul style="list-style-type: none"> <li>• isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>• emphasis on body alignment and use of rotation and turnout.</li> </ul>

## Classical Ballet Technique

<b>Centre Practices</b>	Compose and teach four Enchainments including the following movement techniques		Demonstrates knowledge of a range of techniques that integrate:
<b>A) Port des Bras</b>	Port Des Bras demonstrating correct posture and body alignment. Showing at least five positions of the arms.  Expressing a flow of movement with use of arms, head and eyes.	Two lots of eight.	<ul style="list-style-type: none"> <li>balance</li> <li>flexibility</li> <li>stamina</li> <li>coordination</li> <li>weight transfer</li> <li>control</li> <li>articulation of individual body parts</li> </ul>
<b>B) Adage</b>	Basic level of adage consisting of slow controlled movements. This could include Developpes to Devant or Second, Arabesque and Attitudes.	Two lots of eight.	Demonstrates knowledge on the emphasis of body alignment and use of rotation and turnout.
<b>C) Pirouettes</b>	Single Pirouettes En dehor or En dedan.	One lot of eight. Each side – right and left.	Shows attention to detail and memory retention when verbalising or demonstrating a simple series of steps or sequences.
<b>D) Allegro</b>	Steps of allegro could include: Glissades, assembles, petit jetes and jetes, temps leve etc	Two lots of eight.	
<b>Dance Enchainment</b>	Compose and teach a Classical Ballet Dance Enchainment, focusing on the techniques required.  Ensure use of correct posture and turn out.	Up to one minute	Demonstrates knowledge of: <ul style="list-style-type: none"> <li>timing, phrasing and dynamic relationship between Classical Ballet movement and the accompanying music.</li> <li>musicality, expression and sensitivity.</li> </ul>
<b>Cool Down</b>	Compose and teach a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.	Two to four lots of eight.	Demonstrates knowledge of appropriate warm-down techniques.

## CONTEMPORARY DANCE

Please compile a video containing the following requirements:

Contemporary Dance Technique			
Elements	Content	Time	Criteria
<b>Warm Up</b> 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 two minutes.	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> <li>• Appropriate warm-up techniques.</li> <li>• Correct posture and body alignment appropriate to the movement techniques used for contemporary warm up techniques.</li> <li>• Use of safe dance practice.</li> </ul>
<b>Basic Skill</b> 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.	Two to four lots of eight.	Demonstrates knowledge of basic contemporary dance technique relevant to floor work.
<b>Centre or Corner Skills</b>  <b>A) Plie and Foot Articulation</b>  <b>B) Turns</b>  <b>C) Jumps</b>	Compose and teach three simple Enchainments that include the following movement techniques:  This enchainment should include, use of parallel and turnout, plies, rises, tendues and glisses also including the use of arms  This turn enchainment should include at least three of the following skills: <ul style="list-style-type: none"> <li>• pirouettes</li> <li>• poses</li> <li>• piques</li> <li>• pencil turns</li> <li>• off centre turns.</li> </ul> This enchainment should include, use of travel, jumps and leaps i.e. jetes forward and side, temps leves.	Two to four lots of eight.  Two to four lots of eight.  Two lots of eight.  Two lots of eight.	Composes short and simple enchainments to the required level  Demonstrates knowledge of: <ul style="list-style-type: none"> <li>• isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>• a range of <b>techniques</b> that integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts.</li> <li>• musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.</li> <li>• the importance of control, attention to detail and memory when demonstrating the simple chaining together of steps or combination of steps</li> </ul>

## Contemporary Dance Technique

<b>Dance Combination</b>	Compose a contemporary technique dance enchainment showing linking of movement, correct body alignment, mind and body focus, differing tempos and musicality.	One minute.	Demonstrates knowledge of correct timing and phrasing between contemporary dance movement and the accompanying music.
<b>Cool Down</b>	Compose a short cool down that lowers the heart and relaxes/stretches the appropriate muscles both sides of the body.	Two to four lots of eight.	Demonstrates knowledge of appropriate warm-down techniques.



## CULTURAL DANCE

Please compile a video containing the following requirements:

Cultural Dance Technique			
Elements	Content	Time	Criteria
<b>Warm Up</b> 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 two minutes.	Verbalises and demonstrates knowledge of: <ul style="list-style-type: none"> <li>• Appropriate warm-up techniques.</li> <li>• Correct posture and body alignment appropriate to the movement techniques used for warm up techniques.</li> <li>• Use of safe dance practice.</li> </ul>
<b>Centre or Corner Skills</b>  <b>A) Enchainment 1</b>  <b>B) Enchainment 2</b>  <b>C) Enchainment 3</b>	Compose and teach three 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"> <li>• bending</li> <li>• stretching</li> <li>• swaying</li> <li>• turning</li> <li>• twisting</li> </ul> Locomotor movements: <ul style="list-style-type: none"> <li>• leaping</li> <li>• running</li> <li>• skipping</li> <li>• sliding</li> <li>• walking</li> </ul>	Two to four lots of eight for each enchainment	Demonstrates: <ul style="list-style-type: none"> <li>• knowledge of how to compose basic short and simple enchainments to the required level.</li> <li>• knowledge of correct posture and body alignment appropriate to cultural dance techniques and movements.</li> <li>• knowledge of isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>• knowledge of a range of <b>techniques that</b> integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts.</li> <li>• the emphasis on control, attention to detail and memory when demonstrating simple sequences or enchainment of dance steps.</li> </ul>

### Cultural Dance Technique

<b>Dance Combination</b>	<p>Compose and teach a dance enchainment authentic to your chosen cultural dance technique.</p> <p>Use props if necessary, for example skirts, aprons, tambourines, lanterns, fans etc.</p>	Up to one minute.	<p>Demonstrates knowledge of</p> <ul style="list-style-type: none"> <li>the emphasis of using presentation, rhythm and style appropriate to particular dynamics of the cultural and creative dance.</li> <li>musicality, expression, phrasing and correct timing, and sensitivity in movement sequences.</li> <li>the timing and phrasing relationship between cultural and creative dance movement and the accompanying music.</li> </ul>
<b>Cool Down</b>	<p>Compose and teach a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.</p>	Two to four lots of eight.	Demonstrates knowledge of appropriate warm-down techniques.

### OTHER GENRES – STREET DANCE / ACROBATIC DANCE

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
<b>Warm Up</b> Cardio Stretch and Strengthening	<p>Compose and teach a warmup demonstrating elements of cardio, stretch and strengthening relevant to the techniques of your chosen genre.</p>	Up to two minutes.	<p>Verbalises and demonstrates knowledge of:</p> <ul style="list-style-type: none"> <li>Appropriate warm-up techniques.</li> <li>Correct posture and body alignment appropriate to the movement techniques and genre.</li> <li>Use of safe dance practice.</li> </ul>

## Other Genres - Street Dance / Acrobatic Dance

**Please note this 'Other' Genre may need to be approved by ATOD before submission.**

<p><b>Centre or Corner Skills/ Techniques</b></p> <p><b>A) Skill Combination 1 Floor</b></p> <p><b>B) Skill Combination 2 Coordination Elements</b></p> <p><b>C) Skill Combination 3 Travelling</b></p>	<p>Compose and teach three combinations including the following movement techniques relevant to your genre:</p> <ul style="list-style-type: none"> <li>• Isolations</li> <li>• Arm combinations</li> <li>• Floor skills</li> <li>• Pirouettes</li> <li>• Kicks</li> <li>• Jumps</li> <li>• Tricks at a basic skill level</li> <li>• Working on and off centre</li> <li>• Other techniques relevant to your chosen genre.</li> </ul>	<p>Two to four lots of eight for each combination.</p>	<p>Demonstrates knowledge of:</p> <ul style="list-style-type: none"> <li>• how to short and simple enchainements to the required level.</li> <li>• isolation and coordination of the upper and lower body in simple movement sequences.</li> <li>• a range of <b>techniques that</b> integrate balance, flexibility, stamina, coordination, weight transfer and control and articulation of individual body parts.</li> <li>• the importance of control, attention to detail and memory when demonstrating simple series of steps or enchainements.</li> <li>• correct posture and body alignment appropriate to chosen dance technique and movement.</li> </ul>
<p><b>Dance Combination</b></p>	<p>Compose and teach a dance enchainement 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.</p>	<p>Up to one minute.</p>	<p>Demonstrates knowledge of:</p> <ul style="list-style-type: none"> <li>• the timing and phrasing relationship between dance movement and the accompanying music.</li> <li>• musicality, expression, and sensitivity in movement sequence.</li> </ul>
<p><b>Cool Down</b></p>	<p>Compose and teach a short cool down that lowers the heart rate and relaxes/stretches the appropriate muscles both sides of the body.</p>	<p>Two to four lots of eight.</p>	<p>Demonstrates knowledge of appropriate warm-down techniques.</p>