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| Dance Unit Lesson Plan |
| Teacher: Jemma Spruston |
| Grade: 10 |
| Unit: Mixed Dance from Foundational Ballet |
| Equipment:* easy-to-move-in clothes
* thick socks or flexible, comfortable shoes
* blue floor mats
* music and sound system
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| Safety:* do stretches and dance steps correctly to avoid injury
* don’t try anything on your own until you have received full instruction
* be aware of where you are in relation to other people (no colliding!)
* wear proper clothing and footwear
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| PLO:* explore a new sport (dance) and learn how it is helpful in even day-to-day life
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| Lesson Objectives:* learn to stretch effectively and safely
* learn about the history of dance
* learn about the jazz square, ballet posture, and simple steps
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| Lesson Components | Time Frame | Introduction/Explanation |
| History/Introduction to Dance | 15 minutes | * read from notes on the history of dance
* dance can be useful for running faster, playing better at soccer, football, basketball, hockey, and basically any other sport involving a lot of footwork
* great way to get fit and build your entire body strength and grow more comfortable with yourself in front of people and improve posture
* perfect excuse to blast music!
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| Warm Up/Stretching | 10 minutes | * leg kicks
* grapevine
* lunges
* hand-to-toe stretching
* foot-to-butt quad stretching
* steeping forward claf stretching
* leg-hugging butt stretching
* arm pulses
* leg pulses
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| Basic Posture and Guidelines | 5 minutes | * in ballet – thumb and index finger are always “having a conversation”
* standing straight
* never sitting into your hip
* shoulders back
* head up, chin forward
* upper body not rigid, but still and unmoving unless needed
* proper tow point – not curling, not white-knuckled
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| Simple Steps | 15 minutes | * pot de pourrais – light steps, weight change is necessary
* chasses – arms up and hig, feet together in air, jump hight, look up
* glissés – light on your feet
* pirouettes – spot if you need to, core muscles flexed, balance is key
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