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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 |
| 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 |
| PLO:   * explore a new sport (dance) and learn how it is helpful in even day-to-day life |
| 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! |
| 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 |
| 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 |
| 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 |