

Content: Dance	Class/Level: Dance 2
Lesson: Technique and Terminology	Time Frame: 10-14 days (depending on how you spread it out)

Utah Core Standard(s):	Learning Targets <i>Students will be able to...</i>
Strand(s): Perform Standard(s): L2.D.P.4, L2.D.P.5, L2.D.P.10	<ul style="list-style-type: none"> - Apply anatomical principles and healthy practices to dance technique. - Create a personal plan for practice. - Apply body-mind principles to a variety of stylistic techniques. - Document class with terminology.

Resources

[Dancing Body Worksheet](#)
[Posture Chart](#)
[Spine Alignment Chart](#)
[Personal Alignment Worksheet](#)
[Why Studying Dance Technique is Important](#)
[Dance Terminology](#)
[Body Mind Dance Connection Article](#)
[Dance Therapy and Eating Disorders Video](#)
[Journal](#) (be sure to have students make a copy before they respond)
[Full Body Articulation Warm Up](#)
[30 min Dance Technique Conditioning](#)
[Brain Dance](#)
[Plie and Feet Articulation](#)
[Modern Contemporary Combo](#)
[Classical Jazz Combo](#)

Student Pre Assessment

[Perform Pre-Assessment](#)

Learning Activity
Building Understanding

Students will read and watch information regarding healthy technical practice, body-mind connection, and dance therapy. Students will create a plan for how and when they will practice technique through the videos provided. They will respond via the journal. They will look over the alignment and posture information to help inform them of how to create their own alignment worksheet. They will make a plan to work on technique and alignment worksheets.

Teacher Actions	Student Actions
<p>Assign the article on Why Studying Dance Technique is Important, the article on Body-Mind Dance Connection, and the Video about Dance Therapy. Have students make a plan for technical practice (how, when, and how often will they follow the videos) (when will they submit their combos). Assign the alignment worksheets and have students submit their findings through the journal.</p> <p>How to make a plumb line: To make a plumb line, hang a string from a ceiling with tape. Then attach a plumb bob (or other small weight) to the loose end. Holding the bob where it falls naturally. Stand in front and center of it, then turn to the side and center. Have someone check your alignment.</p>	<p>Students will read and watch and respond thoughtfully in the Perform Journal, finding ways to connect their own personal experience with dance technique to these concepts.</p> <p>Students need to create a plan and present it to the teacher for approval. This can also be done in the journal. Students must create a plum line at their home to do an alignment check, they will need a parent or someone to help them gather their findings. Students will put their specific findings from the plumb line into the journal.</p>
<p style="text-align: center;">Learning Activities Student Practice</p>	

Students will follow technique videos. Each video addresses alignment, healthy practice, and mind body connection. They will apply what they are learning to the technique combo videos (Modern and Jazz). Students will also review and take notes on dance terminology.

Teacher Actions	Student Actions
Assign the Brain Dance, the Full Body Articulation Warm-up, the Plie and Feet Articulations, and the Conditioning for Technique videos. Have students review the dance terminology sheets.	Students practice according to their plan. Have them enter their thoughts and progress in the journal. Students need to recognize when the dance terminology is being used, how it is being used, and how they might use it to explain the classes. This will also be entered in the journal.

Teacher Actions	Student Actions
Assign the Brain Dance, the Full Body Articulation Warm-up, the Plie and Feet Articulations, and the Conditioning for Technique videos. Have students review the dance terminology sheets.	Students practice according to their plan. Have them enter their thoughts and progress in the journal. Students need to recognize when the dance terminology is being used, how it is being used, and how they might use it to explain the classes. This will also be entered in the journal.

**Learning Activity
Student Project**

Students will study and learn the Contemporary Modern and Classical Jazz combinations. They will then record themselves doing each phrase and submit them for teacher review.

Teacher Actions	Student Actions
Assign the Contemporary Modern video and the Classical Jazz video. Have them learn each combo and apply correct alignment, body-mind connection, and healthy practice.	Students will learn the combos, apply the healthy practices, record themselves doing the combos and submit recordings.

Project Assessment/Rubric

Teachers can assess the pre and post assessments, journals, alignment worksheets, and technical combo recordings.

1 Below Proficient	2 Approaching Proficient	3 Proficient	4 Highly Proficient
Student struggles to identify and apply anatomical principles, healthy practice, and body mind principles to technical dance training. Student also struggles to create a personal plan and perform technical combos.	Student has developed some skills to identify and apply anatomical principles, healthy practice, and body mind principles to technical dance training. Student has also developed some skills to create a personal plan and perform technical combos.	Student has accomplished skills to identify and apply anatomical principles, healthy practice, and body mind principles to technical dance training. Student has also accomplished skills to create a personal plan and perform technical combos.	Student excels at identifying and applying anatomical principles, healthy practice, and body mind principles to technical dance training. Student also excels at creating a personal plan and performing technical combos.

Student Post Assessment

[Perform Post Assessment](#)

Teacher Reflections

Accommodations/Differentiation

Can students alter the technical combos to either level up or level down depending on previous technical experience?

Teacher Feedback

Consider where the students are starting at in their technical practice.