

Content: Dance	Class/Level: Dance 3
Lesson: Body-Mind Connection in Technique	Time Frame: 3 weeks

Utah Core Standard(s):	Learning Targets <i>Students will be able to...</i>
Strand(s): Perform Standard(s): L3.D.P.1, L3.D.P.2, L3.D.P.3, L3.D.P.5	- Use a wide range of space, including inward and outward focus. - Implement time factors and demonstrate complex phrasing - Perform with a wide range of dynamics. - Apply body-mind skills in technique.
Resources	
8 Qualities of Labon Improv Basic Six Bartenieff Fundamentals Mind Body Connection Ted Talk Contemporary Combo for Space Hip Hop Combo for Time Dynamics Dance Exercise	
Student Pre Assessment	
Pre Assessment Link	
Learning Activity Building Understanding	
Students will connect with a mind body approach to studying dance.	

Teacher Actions	Student Actions
Have the students watch the Mind Body Connection Ted Talk. Then have them follow the 8 Qualities of Labon Improv and Basic Six Bartenieff Fundamentals. Then have the students write their thoughts down about this kind of practice, either as a journal entry on a google doc, or in a discussion on canvas.	Follow the body-mind connection videos. Write your thoughts down about how they made you feel, think, etc, and submit.
Learning Activities Student Practice	
Students will explore three dance combos based on time, space, and energy (dynamics).	
Teacher Actions	Student Actions
Have the students follow and learn the movement from these videos: Contemporary Combo for Space Hip Hop Combo for Time Dynamics Dance Exercise Then have the students take a short 30 sec video of them practicing each combo and submit for review.	Watch and learn each combo, record yourself doing each combo (short 30 sec video for each) and submit.
Learning Activity Student Project	

Students will alter one of the element/technique combos and apply a body mind approach in the choreography to change the movement slightly in a way that speaks to their physical and mental needs.

Teacher Actions	Student Actions
Have the students pick one of the three combos to alter/adjust using a body mind approach. Have them create their own version of it that fits the needs of their body/mind. The final product should only be around 30 seconds. Have them record it and submit for review.	Alter/adjust/re-choreograph one of the three combos you learned earlier. Take a body-mind approach to re-setting it. Make it fit the needs of you. Record and submit.

Project Assessment/Rubric

1 Below Proficient	2 Approaching Proficient	3 Proficient	4 Highly Proficient
Student struggles to use a wide range of space, time, and dynamics while dancing. Student also struggles to apply body mind skills in technique.	Student has developed some skills to use a wide range of space, time, and dynamics while dancing. Student also has developed some skills to apply body mind skills in technique.	Student has accomplished skills use a wide range of space, time, and dynamics while dancing. Student has also accomplished the skills to apply body mind skills in technique.	Student excels at using a wide range of space, time, and dynamics while dancing. Student also excels at applying body mind skills to technique.

Student Post Assessment

[Post Assessment Link](#)

Teacher Reflections

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Accommodations/Differentiation

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Teacher Feedback

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