Body Awareness

Content Area: **Music**
Course(s):
Time Period: **Marking Period 1**
Length: **Ongoing over 20 weeks**
Status: **Published**

BRIEF SUMMARY OF UNIT

In this unit, students will identify and analyze their strengths and weaknesses as a mover and work towards developing a r
use of breath, body mechanics, strength and stretch as well as longevity of performing on stage.

Revised: July 2026

ESSENTIAL QUESTIONS

- How does the mover use time, space and energy on stage?
- How can I find the most efficient ways to move my body on stage?
- What are the anatomical concepts, necessary stretching and use of imagery that can best inform my movement practices for the stage?

ESSENTIAL UNDERSTANDINGS

- The concepts of time, space and energy as defined by dance are essential to developing body awareness for the stage.
- Anatomical awareness and knowledge of best practices for warming up the body allows the mover to be more successful on stage.
- The body must practice kinesthetic awareness in order to develop spatial relationships onstage, and relate to new physical settings as well as other movers in the space.

- Creating safe and efficient movement practices can help the mover build lifelong skills for the stage.

STUDENTS WILL KNOW

- Basic understanding of the anatomical functions of the skeletal and muscular systems as they relate to movement.
- The directional possibilities, pathways and levels of the body in space for the stage.
- Best practices for warming up the body for any style of movement for the stage.
- The use of full body movement enhances the way that a mover portrays a story onstage.

STUDENTS WILL BE SKILLED AT

- Analyzing their own movement to develop a sense of efficiency and effectiveness for the stage.
- Analyzing what is needed for a basic warmup for themselves for auditions, rehearsals and performances.
- Recognizing the space in which they are working in, and adapting their use of time, space and energy.

Standards

ELD standards:https://docs.google.com/document/d/1wdmsiGOdCHlrjU-

1.1.12prof.Cr1b	Analyze the elements of dance to expand personal movement vocabulary and ascertain new movement possibilities through the creation of choreographic works.
1.1.12prof.Cr2a	Manipulate a variety of choreographic devices and dance structures to collaboratively develop a dance study with a clear artistic intent. Use dance terminology to explain how the dance structures clarify the artistic intent.
1.1.12prof.Cr2b	Choose a theme to develop a dance and create corresponding movements to communicate the theme. Develop a dance study by selecting a specific movement vocabulary to communicate a main idea. Discuss how the dance communicates non-verbally.
1.1.12prof.Cr3a	Revise a movement study based on self-reflection and feedback of others to improve the quality of a planned movement sequence. Articulate movement choices and revisions. Analyze and evaluate the impact of choices made in the revision process.
1.1.12prof.Cr3b	Compare recognized notation systems to document a section of a dance using writing, symbols, or media technologies (e.g., graphic symbols and figures, path mapping, numerical systems, letter and word notations).
1.1.12prof.Pr4a	Develop partner and ensemble skills that enable contrasting level changes while maintaining a sense of spatial design and relationship. Use space intentionally during phrases and through transitions between phrases.
1.1.12prof.Pr4b	Use syncopation and accented movements related to different tempi. Take rhythmic cues from different aspects of accompaniment. Integrate breath with metric and kinesthetic phrasing.
1.1.12prof.Pr4c	Perform planned and improvised movement sequences and dance combinations with variations that accurately demonstrate contrasting dynamics and energy (e.g., fast/slow, sharp/smooth, strong/gentle, tight/loose).
1.1.12prof.Pr5a	Evaluate and apply healthful strategies (e.g., nutrition, injury prevention, emotional health, overall functioning) and safe body-use practices that are essential for the dancer.
1.1.12prof.Pr5b	Demonstrate joint articulations and basic anatomical terms (e.g., muscles, bones, tendons, ligaments) as they relate to dance. Apply kinesthetic principles and various body systems.
1.1.12prof.Pr5c	Demonstrate body coordination while moving (e.g., elongated spine, vertical alignment, release of tension from shoulders; use of vertical, off center, non-vertical alignment) the body through space.
1.1.12prof.Pr5d	Explore movement that develops a wide range of motion, muscular flexibility, strength, and endurance. Explore different body conditioning techniques (e.g., yoga, weight training, aerobics, Pilates).
1.1.12prof.Pr6a	Investigate visualization, motor imagery, and breath to apply and enhance the quality of body mechanics and the energy related to the movement skill.
1.1.12prof.Pr6b	Rehearse a dance and apply specific feedback to refine performance accuracy, consistency, and expressiveness. Demonstrate group awareness and develop personal rehearsal strategies.
1.1.12prof.Pr6c	Adapt movements to performance area. Demonstrate performance etiquette and performance practices during class, rehearsal and performance. Accept notes from the choreographer and apply corrections to future performances. Document the rehearsal and performance process using dance and production terminology. Analyze and evaluate the success of a performance.

LEARNING PLAN

- Guide students through technical and creative exercises to explore the basic concepts of movement.
- Guide students through concepts of breath support, yoga, pilates and mind-body centering practice.
- Assist students in creating an individualized plan for warming up the body that addresses their specific needs and interests.

EVIDENCE/PERFORMANCE TASKS

- Students will develop their own individual warm up and stretch preparation for auditions, rehearsal and performance.
- Demonstrate a basic understanding of anatomy for movement purposes.
- Students will be able to demonstrate basic concepts of yoga, pilates and stretch.
- Demonstrate some level of spatial awareness in various performance settings.

MATERIALS

https://docs.google.com/document/d/1oy9t_EcIdEQB5Hpcjc2Iz7brpFvX2Gx66hWRi3kln0o/edit?usp=sharing

SUGGESTED STRATEGIES FOR MODIFICATIONS

https://docs.google.com/spreadsheets/d/1HvXfjaoPRlL7SbdyzXueAWOxWGFv9yGr6-nHn4iVtyM/edit?usp=sharing