

Introduction to the Basic Elements of Movement Technique 9-12

Content Area: **Music**
Course(s):
Time Period: **Marking Period 1**
Length: **15 Days**
Status: **Published**

Essential Questions

How can the human body function most efficiently for creative expression?

How does one promote lifelong self-care and development of the body for creative expression?

How does knowledge of the body's mechanics impact my overall movement qualities?

What does it mean to understand something kinesthetically?

Knowledge of the body as an instrument of their art-making will give students the appropriate technical understanding for technique.

Developing a sense of understanding through efficient functionality in movement allows the students the gateway to further explore and develop their abilities as dancers.

Students Will Know/Students Will be Skilled At

Students will know the basic tenets of a warm-up including but not limited to cardiovascular, stretch, strength, core work, balance and focus.

Students will be able to identify basic positions of the body and their correct anatomical alignment.

Students will be skilled at warming up various parts of the body in order to best be prepared for movement.

Students will be skilled at identifying their own preferences, strengths and weaknesses in terms of anatomical alignment in movement practice.

Learning Plan

Students will discuss the essential questions and brainstorm about best practices for technical work.

Students will participate in daily warm-up practices that include a broad introduction to proper techniques of the body. This includes but is not limited to; traditional ballet barre, jazz warm-up based in Luigi and

Giordano techniques, modern dance warm-up based in Horton and Limon techniques, yoga and pilates based conditioning and creative and somatic practices.

Students will be instructed on basic anatomical alignment in particular of the hip, knee and ankle and of the structure and purpose of core muscular engagement.

Students will take part in experiential deconstruction of various positions and use visual aids and peer feedback to self-analyze their alignment.

Evidence/Performance Tasks

Self-Created Warmup Sequence demonstrating knowledge of the body.

Group analysis of a technical exercise in anatomical terms.

Demonstrate the ability to correct alignment while participating in a teacher led warmup.

Materials

Therabands

Hand weights

Skeleton

Google Classroom/Docs

iPad/Video Camera

Videos on functional anatomy

Suggested Strategies for Modification

Represent information in multiple formats and media.

Provide multiple pathways for students' actions and expressions.

Provide multiple ways to engage students' interests and motivation

Each student will be on their own individualized path, as alignment is something that takes years of practice to achieve. Students that struggle with kinesthetic learning will be provided with visual and written materials to work on at their own pace.

Injured students will write or record in class observations; read and analyze material based on the lessons and

present some type of individual project to the class in order to receive participation credit. Long term injuries will be dealt with on a case by case basis.

https://docs.google.com/spreadsheets/d/1C3OhNA0rFVsYDNpj7fv8ZXdli34ZrSC3mEU91_uQWYo/edit#gid=1426178898