

Unit 02: Proper Alignment, Anatomy, Strength and Conditioning through Dance Technique

Content Area: **Music**
Course(s):
Time Period: **Marking Period 1**
Length: **ongoing through length of course**
Status: **Published**

Brief Summary of Unit

This unit explores the enduring understanding of proper alignment and function of anatomy as it relates to developing and advancing in dance techniques. Students will learn about injury prevention, strength training, conditioning and self-care through in-depth studies of the muscular and skeletal systems.

Standards

ELD standards: <https://docs.google.com/document/d/1wdmsiGOdCHlrjU-WPvAtENnEgi0EStZXo0uiFYv1Nu4/edit>

1.1.12adv.Pr5a: Develop and implement healthful strategies for nutrition, injury prevention and psychological wellness related to dance activities and everyday life.

1.1.12adv.Pr5b: Examine the muscular-skeletal system (e.g., attachments, origin, function) and manipulate kinesthetic principles to enhance technical execution of dance movements.

1.1.12adv.Pr5c: Adjust oppositional pulls/tensions of the body while moving through vertical, off-center, and non-vertical alignment. Maintain optimal alignment preceding and following floor and air patterns. Modulate the placement and shifting of energy in the body.

1.1.12adv.Pr5d: Analyze personal patterns of misalignment and develop prescribed conditioning practices and corrective exercises to enhance optimal alignment in performance.

1.1.12adv.Pr5e: Articulate clarity of codified movement and intention through the execution of prescribed vocabulary and techniques within styles/genres.

1.1.12adv.Pr6a: Research, develop and apply personal strategies of visualization, motor imagery, and breath to become more aware of the relationships that exist between the body and mind.

2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).

2.2.2.PF.2: Explore how to move different body parts in a controlled manner.

2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that promote movement (e.g., games, challenges, team building).

2.2.2.LF.1: Express one's feeling and emotions when involved in movement and physical activities to increase positive behaviors.

2.2.2.LF.2: Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments (e.g., mats, turf fields, grass fields, hard surfaces, gym floors, sand, water, snow) during physical activity.

2.2.2.LF.3: Explore the body's range of motion through participating in flexibility and breathing exercises (e.g., stretching, mindfulness, yoga).

9.4.12.CI.2: Identify career pathways that highlight personal talents, skills, and abilities (e.g., 1.4.12prof.CR2b, 2.2.12.LF.8).

9.4.12.CI.3: Investigate new challenges and opportunities for personal growth, advancement, and transition (e.g., 2.1.12.PGD.1).

Transfer

Essential Questions

How can I train my body to work most efficiently for movement, creativity, stamina and performance?

What do I need to know about embodying proper alignment, anatomy and kinesiology in order to best serve my artistic expression?

How might I incorporate into my training and practice somatics, body awareness and breathing techniques in order to best serve my technique and artistry?

Essential Understandings

Rigorous understanding of anatomical self-care and somatic practice provide a pathway to both lifelong technical skills and performance quality.

A deep understanding of proper alignment of the body is crucial for dance careers.

Students Will Know

Students will know the muscular and skeletal structure of the body and its mechanics as they apply to proper dance alignment.

Students will be skilled at observing and assessing themselves and their peers and provide feedback on how to move towards better alignment and more efficient movement.

Students will be skilled at using various genres of dance techniques to function and perform with maximum efficiency.

Students will be able to adhere to an individualized plan for strength, stretch and breath training as it applies to their dance careers.

Students will know their own strengths and weaknesses in terms of body awareness and anatomical alignment and have strategies for individual goal achievements.

Students Will Be Skilled At

Students will know the muscular and skeletal structure of the body and its mechanics as they apply to proper dance alignment.

Students will be skilled at observing and assessing themselves and their peers and provide feedback on how to move towards better alignment and more efficient movement.

Students will be skilled at using various genres of dance techniques to function and perform with maximum efficiency.

Students will be able to adhere to an individualized plan for strength, stretch and breath training as it applies to their dance careers.

Students will know their own strengths and weaknesses in terms of body awareness and anatomical alignment and have strategies for individual goal achievements.

Evidence/Performance Tasks

Self-assessments through journal writing, video, rubric evaluations and conversation.

Peer analysis and accountability through one on one observations, discussions and assessments.

Performance work demonstrates a better understanding of proper alignment; student gains strength and

flexibility in their movement.

Learning Plan

Students will discuss the essential questions.

Students will be guided through technical exercises with explanations of the anatomical functions of the body and the best practices for body mechanics in dance.

Students will partner up to observe and analyze one another's movement patterns and alignment.

Students will self-assess their own movement patterns and alignment through the use of video and self-designed rubrics.

Students will respond to various exercises, prompts, videos and articles that give pertinent information regarding anatomy, kinesiology and body awareness as it relates to dance.

Students will participate in various body work based on yoga, pilates, strength training and somatic practice.

Materials

Appropriate space

Video and Wifi Access in the classroom

Reading material supplied by teacher

Model skeleton

Weights and therabands (individual)

Suggested Strategies for Modifications

Represent information in multiple formats and media. Provide multiple pathways for students' actions and

expressions. Provide multiple ways to engage students' interests and motivation.

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. If they are in a small group they will give direction to the rest of the group and aid in the presentation process. If a student's injury is isolated to one part of the body, the student is expected to participate in the movement portion of the assignment and not use that body part.

Long term injuries will be dealt with on a case by case basis.