Proper Alignment, Anatomy, Strength and Conditioning through Dance Technique

Content Area: **Music**
Course(s):
Time Period: **Marking Period 2**
Length: **Ongoing**
Status: **Published**

Summary

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

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.

Revised August 2025

Standards

9.4.12.CI.1	Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).
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).
9.4.12.CT.1	Identify problem-solving strategies used in the development of an innovative product or practice (e.g., 1.1.12acc.C1b, 2.2.12.PF.3).
9.4.12.CT.2	Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).
1.1.12adv.Pr4c	Perform planned and improvised movement sequences and dance combinations while self-monitoring and adjusting dynamics and energy to the choreographic intent.
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.
1.1.12adv.Pr6b	Initiate, plan and direct rehearsals with attention to technical details applying rehearsal strategies for individual and ensemble work that enhance artistry, incorporate self-analysis, and are solutions oriented to achieve performance excellence.
2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.

Essential Questions

How can I train my body to work at maximum efficiently for movement, creativity, stamina and performance?
What do I need to know about embodying proper alignment, anatomy and kinesiology in order to optimize performance and ensure longevity in a dance career?
How might I incorporate somatics, body awareness and breathing techniques into my training and practice?
What role does self-care and wellness play in the career of a dancer?

Essential Understandings

A high level of understanding anatomy and correct alignment is imperative to develop proper technique and pursue a rigorous dance career.
Self-care and somatic practice provide a pathway to longevity in the body, lifelong technical skills and enhanced performance quality.
Understanding how the body works creates more opportunities in the dance industry both in terms of performance and training.

Students will be Skilled at

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 utilizing various training styles (pilates, yoga, somatics, etc) to function and perform with maximum anatomical efficiency.

Students will Know

Students will know how to create and practice an individualized plan for self-care, alignment and training.

Students will know the correct muscular and skeletal mechanics of various dance styles and how they can preserve their bodies to perform at maximum efficiency.

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

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 create small goals for improving alignment.

Students will research and 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.

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; students gain strength and flexibility in their movement.
Demonstration of a small goal each semester that each student is working towards in their own alignment and self-care journey.

Materials

Appropriate space

Video and Wifi Access in the classroom

Reading material supplied by teacher

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

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.

Dance - QSAC Accommodations

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.