

# Unit 2: Anatomy

Content Area: **Performing Arts**  
Course(s):  
Time Period: **Full Year**  
Length: **2 weeks**  
Status: **Published**

## State Mandated Topics Addressed in this Unit

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N/A	N/A

## Anatomy

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### Learning Objectives

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- Students will begin to recognize their anatomical structure as their instrument and how to nurture it and treat it with serious care both the internal as well as the external.
- Students will develop and advance their learning of the anatomical structure.
- Students will acquire the vocabulary used to identify a particular way of moving a ligament in a joint, a body part towards or away from the midsection of the body etc.(ie: rotation, internal, external, adduction, abduction etc.)
- Students will begin to develop the knowledge of warming up muscles and why it is important and essential prior to engaging in a full class and dancing full out.
- Students will continue to achieve and further develop self-realization through understanding the structure and function of their physical being.
- Students will continue to acquire knowledge of how to strengthen ligaments and tendons.
- Students will continue to acquire knowledge of the anatomical structure of the body.
- Students will continue to acquire visualization of the internal regions of the body.
- Students will continue to develop an understanding of the importance of nutrition( the healthy dancer diet) for a dancer.
- Students will continue to learn about and understand how tendons and ligaments connect bones and muscles.
- Students will continue to learn about the deeper muscles of the anatomical structure and how they assist in the initiation and performance of movement.
- Students will continue to study and focus on the basic bones and muscles that assist a dancer in the execution of slightly more advanced movement and grasp a deeper understanding of their connections.

### Essential Skills

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- Essential Skill 1 - Copy and paste
- Essential Skill 10 - Copy and paste
- Essential Skill 2 - Copy and paste
- Essential Skill 3 - Copy and paste
- Essential Skill 4 - Copy and paste
- Essential Skill 5 - Copy and paste
- Essential Skill 6 - Copy and paste
- Essential Skill 7 - Copy and paste
- Essential Skill 8 - Copy and paste
- Essential Skill 9 - Copy and paste

## **Standards**

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DA.9-12.1.1.12acc.Pr5b

Investigate how kinesthetic principles and various body systems relate to the dancing body. Examine how the muscles and bones animate the dancer's moving structure.

## **Instructional Tasks/Activities**

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- The students will discover what they should eat and why they should eat it through searching on the internet and reading different articles about nutrition.
- The students will engage in a warm up class internalizing the sensations within the muscles and body to develop their understanding of what muscles need to work and how they need to work to initiate and perform movement.
- The students will learn about food groups and their functions and how each food group supplies a dancer with certain nutrients, vitamins, and minerals needed for their bones, muscles, and physical conditioning and stamina.
- The students will learn vocabulary and also be able to demonstrate through a physical action the definition/meaning of the vocabulary.
- The students will participate in exercises to strengthen ligaments and tendons.
- The students will review daily all anatomy vocabulary and point out how each muscle and bone and the manipulation of them assist in the proper execution of movement.
- The students will study anatomical planes and sections of the body using worksheets.
- The students will study and take notes about ligaments and tendons.

## **Assessment Procedure**

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- Classroom Total Participation Technique
- Classwork

- DBQ
- Essay
- Exit Ticket/Entrance Ticket/Do Now
- Journal / Student Reflection
- Kahoot
- Other named in lesson
- Peer Review
- Performance
- Problem Correction
- Project
- Quiz
- Rubric
- Teacher Collected Data
- Test
- Worksheet

## **Recommended Technology Activities**

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- Appropriate Content Specific Online Resource
- Chromebook
- Copy/Paste Content Specific Link Here
- Copy/Paste Content Specific Link Here
- Copy/Paste Content Specific Link Here
- Gimkit
- GoGuardian
- Google Classroom
- Google Docs
- Google Forms
- Google Slides
- Kahoot
- MagicSchool AI
- Other- Specified in Lesson
- Quiziz
- Screencastify

## **Accommodations & Modifications & Differentiation**

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Accommodations and Modifications should be used to meet individual needs. Their IEP and 504 plans should be used in addition to the following suggestions.

## **Gifted and Talented**

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- Compare & Contrast
- Conferencing
- Debates
- Jigsaw
- Peer Partner Learning
- Problem Solving
- Structured Controversy
- Think, Pair, Share
- Tutorial Groups

## **Instruction/Materials**

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- alter format of materials (type/highlight, etc.)
- color code materials
- eliminate answers
- extended time
- extended time
- large print
- modified quiz
- modified test
- Modify Assignments as Needed
- Modify/Repeat/Model directions
- necessary assignments only
- Other (specify in plans)
- other- named in lesson
- provide assistance and cues for transitions
- provide daily assignment list
- read class materials orally
- reduce work load
- shorten assignments
- study guide/outline
- utilize multi-sensory modes to reinforce instruction

## **Environment**

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- alter physical room environment
- assign peer tutors/work buddies/note takers
- assign preferential seating
- individualized instruction/small group
- modify student schedule (Describe)
- other- please specify in plans
- provide desktop list/formula

## **Honors Modifications**

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## **Resources**

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- Internet
- Textbooks (What Every Dancer Needs to Know About the Body)
- Worksheets