

Dancetrain Learning from Home Task

Title:	Dance Fitness Blog	Suggested Stage/Year:	Stage 5
Dance Syllabus Area:	Performance & Appreciation	Topics:	Fitness, Safe Dance Practice & Training
Dancetrain Issue & Resources:	<u>Dancetrain Bodywise articles</u> online and in digital issue	Blog platforms	Digital search engine, and social media
Syllabus Outcomes:	5.1.1	<ul style="list-style-type: none"> • Use Appropriate terminology when describing dance technique and safe dance practice • Perform dance skills with increasing complexity with control and consistency • Correct body alignment and placement while executing movement • Performing dance movement consistently relative to anatomical structure • Identify Healthy Practices to maintain a safe body for dance • Manage their dancing Body • Prepare the Body for dance 	
	5.3.1	<ul style="list-style-type: none"> • Use arrange of technologies, including the internet to facilitate dance related research • Acquire, develop and apply an appropriate dance vocabulary 	
Teacher Notes	Teacher can modify the instructions based on ability/level of students. If you have the digital capacity, you could trial students collaborating on the one presentation.		

Instructions for Students:

Introduction

1. Create a class collaboration file (on google classroom, Classnote or team) where you can discuss the following:

“What is a blog?”,

“Has anyone ever used or read a blog before?”

2. Have students view a number of different Dance blogs. Select one and answer the following questions:

Here are some suggestions:

<https://www.theballetblog.com/>

<https://www.energetiksblog.com.au/blog/2017/12/20/6-simple-exercises-for-improving-ankle-strength>

What do you know about the writer?

What topics are there blogs about?

What do you think their target audience is?

Students can share the blogs they used and their answers in the collaborative learning space - e.g. Google classroom stream.

3. Create your own blog to begin the next task. You must sign up using your School Email account and send your teacher the URL link to your blog once it is published.

Edublogs & Blogger are useful options

Task

Part 1 – Dance Blog

15 Marks

Your task is to create a blog about Dance fitness, to inspire others to maintain their fitness through dance or support their dance technique. Write 5 blog posts that cover your choice of the following topics. Copy your blog url onto google classroom submission page

1. A short workout (20mins max)
2. Stretches for dance (identifying the muscle)
3. Inspirational quotes/images from dancers
4. Healthy recipes
5. How to improve rest/recovery/relaxation or sleep
6. Hydration and nutrition
7. Rest
8. Link to youtube dance video
9. Sharing other Dance blogs
10. Diary entry about dance experiences or other dance performances
11. Any other dance topic – check with your teacher first

Part 2 - Bibliography

5 Marks

Bibliography and research review - list all the other blogs, websites or instagram pages you viewed to get inspiration and rate each one with a star rating system and comment on their usefulness.

Marking Guidelines

Part 1 - 15 Marks Dance Blog 5.1.1, 5.3.1		Part 2 - 5 Marks Bibliography and website review 5.3.1	
<ul style="list-style-type: none"> • Manage their dancing Body • Prepare the Body for dance • Acquire, develop and apply an appropriate dance vocabulary 		<ul style="list-style-type: none"> • Use arrange of technologies, including the internet to facilitate dance related research 	
12-15 Marks	Posts 5 or more entries. Shows comprehensive knowledge of healthy eating practices for dancers, Links that inspire others, Dance training and other related Dance issues. Accurately researched and presented in a creative and effective manner. Uses appropriate language and dance terminology to communicate their knowledge	4-5 Marks	List a variety (4 or more) of different sources used. Reviews each in detail.
8-11 Marks	Posts 5 or less entries. Shows sound knowledge of healthy eating practices for dancers, Links that inspire others, Dance training or other related Dance issues. Demonstrates research and presented in a creative and/or effective manner. Attempts to use appropriate language and dance terminology to communicate their knowledge	2-3 Marks	List a 3-4 different sources used. Gives a basic review on one or more of these sources.
4-7 Marks	Posts less than 5 entries. Shows satisfactory knowledge of healthy eating practices for dancers and/or Links that inspire others, and/or Dance training and/or other related Dance issues. Demonstrates some research and presented in a unclear or uncreative manner. Inconsistent use of appropriate language and dance terminology to communicate their knowledge.	1 Marks	Provides only one or two sources with nor review of these sources
1-3 Mark	Posts less than 5 entries. Shows limited knowledge of Dance related topics. Demonstrates limited research and presented in a unclear and uncreative manner. Limited use of appropriate language and dance terminology to communicate their	0 Mark	No bibliography

	knowledge.		
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