

Dancetrain Lesson Plan

Dancetrain Issue: **May/Jun 2021** Safe Extension of the spine.

Title:	Safe Extension of the spine	Suggested Stage/Year:	Stage 5
Dance Syllabus Area:	Performance	Topics:	Safe Dance Practice
Prior Knowledge:	Core Strength and conditioning	Cross Curricular Links:	English – Persuasive text
Dancetrain Issue & Resources:	BODYWISE article “Extending beyond what the spine can bare” May/Jun 2021 p58 & 59		A collection of social media Dance photos in Spinal extension - printed
Syllabus Outcomes:	Outcome 5.1.1 A student demonstrates an understanding of safe dance practice and appropriate dance technique with increasing skill and complexity in the performance of combinations, sequences and dances.	<ul style="list-style-type: none">• A student demonstrates an understanding of safe dance practice and appropriate dance technique with increasing skill and complexity in the performance of combinations, sequences and dances.• apply their knowledge of major muscle groups and skeletal structures to the execution of movement• the relationship between muscle engagement and desired movement• use appropriate dance terminology when describing dance technique and safe dance practice	
Teachers notes:	Teachers should source appropriate social media images – consider costuming, photo angles and captions, and ensure there is a range of safe and potentially unsafe alignments in the images selected. This task may be completed over a series of lessons to allow for safe warm up/cool down and practical tasks		

Content

Introduction

Students read the BODYWISE article on "Extending beyond what the spine can bare" on p 58 & 59 in the MayJun 2021 issue of Dancetrain. Teacher leads a discussion around the key concepts in the article. Students then review and discuss a range of social media images which feature spinal extensions, look at the captions and hashtags and notice which ones address safe dance practice.

Student task

1. Students address the unsafe images and record their responses to the below questions on their dance journals -

Key Questions:

- Does the alignment appear safe?
- What kind of load is being placed on the spine?
- What muscles are being engaged to produce this movement?
- If unsafe, what kind of injuries could occur from this unsafe movement?
- Muscle engagement or alignment correction is needed to make this movement safe?

2. After a warm up, which focuses on core strength students then identify movements from their known routines or exercises which require spinal extension. Teacher leads

a discussion which around the safe dance considerations to execute these movements and the load placed on the spine.

3. Students work in pairs to create their own potential social media post which features a safe spinal extension. This could be a video or image. It must include a caption about the safe dance considerations which may include explanations/advice of:

- safe warm up/cool down
- alignment
- how to strengthen the core – both abdominals and muscles of the back
- Safe stretching

This post does not need to be posted to an account, it is just a way to demonstrate their safe dance knowledge. Students may wish to include hashtags if they like.

4. Students show their posts to their teachers and peers