

# Dancetrain Lesson Plan

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

Title:	<b>Your Warm up</b>	Suggested Stage/Year:	<b>Stage 4 &amp; 5</b>
Dance Syllabus Area:	<b>Performance</b>	Topics:	<b>Safe Dance Practice</b>
Prior Knowledge:	<b>Understanding of purpose and effect of warm up</b>	Cross Curricular Links:	<b>PDHPE</b>
Dancetrain Issue & Resources:	<b>BODYWISE article "Warm up in Winter" JulAug 2021 p52 &amp; 53</b>		
Syllabus Outcomes:	<b>Outcome 5.1.1</b> 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"> <li>• their own bodies and how to dance within their own capabilities</li> <li>• preparing themselves mentally and physically for movement and safeguarding the body</li> <li>• perform and describe correct warm-up and cool-down techniques/methods</li> </ul>	
Teachers notes:	Students should have good prior knowledge of what a warm up is and the physiological changes that occur during sufficient warm up.		

## Content

### Introduction

Teacher begins the lesson asking students key questions about how their body feels right now.

#### **Key Questions:**

- How do your muscles and joints feel right now?
- What movement have you done in the last 15mins?
- How many layers of clothing do you have on right now?
- What is the temperature like in this room?
- What would it take to increase your heart rate and make you sweat right now?

### Student task

1. Students read the "Warm up in Winter" article on p52 & 53 of JulAug 2021 issue of Dancetrain. Students identify factors they may not always consider in their warm up

#### **Key Questions:**

- What physiological changes should occur in the body in a sufficient warm up? – increase heart rate, increased body temperature, increased blood to muscles, light sweat
- How long do you usually spend warming up?
- Can you think of specific warm ups that work well for your body?
- Do you think this is sufficient?
- Whose responsibility is it to ensure your body is fully prepared to dance safely?

2. Students work together in pairs or individually to design their own warm up. They must write it out as a set of instructions that their peers can follow. They need to also include information about clothing, time frames and suggested music. Factors to consider in designing a warm up include the use of all major muscle groups, dynamic stretching, the most safe and efficient way to achieve the desired outcomes.
3. Over the next few lessons, students take turns to deliver their warm up to the class.