

Dancetrain Lesson Plan

Dancetrain Issue: **SepOct 2021** *Learning from Home Posture* **p60 & 61**

Title:	Learning from Home Posture	Suggested Stage/Year:	Stage 5 & 6
Dance Syllabus Area:	Safe Dance Practice	Topics:	Spinal Extension
Prior Knowledge:	Alignment and core strength	Cross Curricular Links:	PDHPE
Dancetrain Issue & Resources:	SepOct 2021- BODYWISE “Spinal Extension” p60 & 61		
Syllabus Outcomes:	<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p>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.</p> <ul style="list-style-type: none"> • correct body alignment and placement while executing movement • the role of strength, flexibility, agility, coordination and body articulation in acquiring dance technique • manage their dancing body • discuss and apply healthy practices to maintain a safe body for dance • preparing themselves mentally and physically for movement and safeguarding the body </div> <div style="width: 35%;"> <p>Preliminary HSC</p> <p>P2.1 identifies the physiology of the human body as it is relevant to the dancer</p> <p>P2.3 recognises the importance of the application of safe dance practice</p> <p>P2.4 demonstrates appropriate skeletal alignment, bodypart articulation, strength, flexibility, agility and coordination</p> </div> </div>		

Content

Introduction

Students read the Spinal Extension article on p60 & 61 of SepOct Dancetrain issue.

Student task

1. Students collate the hours they have been spending sitting at a desk/device and hours they have been moving in their learning from home time. They then share this with the class.
2. Students set up a timelapse camera on their phone or other device to record their posture at a desk/learning space from a side on perspective, this should be over the course of approximately an hour. They watch the footage back.
3. Teacher sets the following questions for students to respond to
 - What your timelapse footage. What do you notice about your posture over the time of the video?
 - Which postural muscles are lengthening and not engaging?
 - Which muscles appear to be getting tighter?
 - How did you feel at the end of the sitting period?
 - What types of practical dance lessons have you been taking part in at home?
 - Which muscles or joints do you feel have been focused on or are taking a lot of pressure in these lessons?

4. Using knowledge of core strength and postural muscles, as well as the posture they were acquiring in their timelapse videos, students create a series of exercises or stretches they can do while sitting or briefly standing from their desk that will improve their posture and prepare them to work safely in their core. They must also set specific time checks to complete these – e.g., set a timer for every 30mins.

The following video may give some inspiration

https://www.instagram.com/reel/CPX87-NDryN/?utm_medium=copy_link

Optional Extension Task

Students create their own stretch/strengthen at the desk video using the exercises they have created.