

## **Dancetrain Lesson Plan**

Dancetrain Issue: **NovDec 2021** Post COVID Holiday Break Plan **p44-45 & p52-53**

Title:	<b>Post COVID Holiday Break Plan</b>	Suggested Stage/Year:	<b>Stage 5 &amp; 6</b>
Dance Syllabus Area:	<b>Safe Dance Practice</b>	Topics:	<b>Types of training, Body Maintenance</b>
Prior Knowledge:	<b>Strength, Flexibility, rest and progressive overload</b>	Cross Curricular Links:	<b>PDHPE</b>
Dancetrain Issue & Resources:	<b>NovDec 2021- “What Rest is Best?” on p44-45 &amp; “Reasons to keep dancing online” on p52-53</b>		
Syllabus Outcomes:	<b>P2.1</b> identifies the physiology of the human body as it is relevant to the dancer <b>P2.2</b> identifies the body's capabilities and limitations <b>P2.3</b> recognises the importance of the application of safe dance practice		

### **Content**

#### **Introduction**

Students read the **“What Rest is Best?” on p44-45 & “Reasons to keep dancing online” on p52-53**

#### **Student task**

1. Students look at the average hours they are training – both dance and other physical activity for the last few weeks of term 4. They then look at the plans they have in place for the school holidays. This could include study, holiday workshops or other training they plan to do outside of dance training. Finally, they look at the hours of dance and other physical training they will be doing at the beginning of Term 1 2022.
2. Students begin to plot their appropriate period of rest on a holiday calendar.
3. Then they calculate what 75% of their planned training in Term 1 will be and plan a gradual build up to this during the holiday period. Plot this on the holiday.
4. As a class, students then discuss what they enjoyed and valued about learning online in Term 3. They develop suggestions as to how they can utilise this in the holiday period or into 2022. Could they devise an online group training session throughout the holidays? Could students be responsible to motivate each other by preparing one training exercise? Or could students begin to share online training resources with their peers through the holidays.

5. Lastly, consider how students can stay accountable for their rest and gradual training in the holidays? – Students can develop their own digital logbook either in the work of vlogs, blogs, time-lapse videos.