Dancetrain Lesson Plan

Dancetrain Issue: **JanFeb2022** Post Lockdown injuries - Literacy Task **p52,53.**

Title:	**Post Lockdown Bone Stress**	Suggested Stage/Year:	**Stage 5**
Dance Syllabus Area:	**Performance**	Topics:	**Safe Dance Practice & Literacy**
Prior Knowledge:	**Some Safe Dance – Cause and affect**	Cross Curricular Links:	**Literacy & PDHPE**
Dancetrain Issue & Resources:	**JanFeb 2022- "Post Lockdown Injuries – Bone Stress"** *on p52,53*		
Syllabus Outcomes:	**5.1.1**: demonstrates an understanding of safe dance practice and appropriate dance technique with increasing skill and complexity in the performance of combinations, sequences and dances	• their own bodies and how to dance within their own capabilities • preparing themselves physically for movement and safeguarding the body • the language of dance technique • use appropriate dance terminology when describing dance technique and safe dance practice • individual strategies for maintaining a healthy body for dance • strategies to treat dance injuries • develop safe dance management strategies	
Teachers notes:	Teachers need to print a break up this article into paragraph pieces. It may be useful to make multiple copies of the page – digitally and "Black-out" areas you don't want students to read immediately if you prefer to work digitally. You can then create transparent windows or boxes for the text you do want to read.		

Content

Introduction

Students discuss any injuries or physical niggles they experienced during lockdown and also discuss any treatment or improvements they experienced post lockdown.

Student task

1. Teacher distributes article with the introduction only p52 only.

2. Teacher then presents the questions within the text of the articles.

3. Students go through these one by one and try to predict the answers

4. Teacher distributes the remaining text in the article and students must then match up the text from the article that answers each question from the article

Conclusion

Students read the full complete article and compare their predicted and matched up answers to the questions.