

## **Dancetrain Lesson Plan**

Dancetrain Issue: **JanFeb 2022** Cross Training **p56,57**

Title:	<b>Cross Training</b>	Suggested Stage/Year:	<b>Stage 6</b>
Dance Syllabus Area:	<b>All components</b>	Topics:	<b>Types of training</b>
Prior Knowledge:	<b>Knowledge of their own progress/level of achievement</b>	Cross Curricular Links:	
Dancetrain Issue & Resources:	<b>JanFeb 2022- “The Cross-Training Puzzle” on p56,57</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 “**The Cross-Training Puzzle**” on **p56,57** of **JanFeb 2022 Dancetrain Issue**.

#### **Student task**

1. Students look at their previous year's assessment, feedback and report comments and identify which areas of Dance they could improve on. They use this and information in the article to begin to plan a goal setting path.
2. After identifying focus areas, students look at who they could work with to improve these areas. – See article for some suggestions. Others include - composition area, can they be mentored by a successful student in a more senior year? Appreciation task - how can they access more practice writing tasks or resources to refine their writing?
3. Ensure short term goals/tasks are noted in their diary or wall planner
4. Students should also consider how they can reward themselves for staying on track throughout the year.