

# **Dancetrain Lesson Plan**

Dancetrain Issue: **MarApr 2022 p62,63**

Title:	<b>Spinal Alignment</b>	Suggested Stage/Year:	<b>Stage 6</b>
Dance Syllabus Area:	<b>Performance</b>	Topics:	<b>Safe Dance Practice</b>
Prior Knowledge:	<b>Understanding of functional alignment</b>	Cross Curricular Links:	
Dancetrain Issue & Resources:	<b>MarApr 2022 - "Spinal Asymmetry &amp; Forcing Turnout" on p62,63</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 complete a regular warm up and complete a technique exercise focusing on leg balances in turn out. Students are asked to video themselves or each other completing the balances so they can analyse their pelvic alignment.

### **Student task**

- Students view their balance sequence/exercise and answer the following questions in relation to their individual alignment:
  - Do you have any excessive curves in your spine? Describe or draw this.
  - Is your pelvis level horizontally when your working leg is lower than hip height? If not, which hip is higher?
  - Does your pelvis have a forward or backwards tilt? If yes, describe or draw this.
  - Review your answers to the previous questions and identify which muscle groups are be tight/overworked and which muscles lack strength in your pelvic alignment
- Students read the "Spinal Asymmetry & Forcing Turnout" on p62,63 of MarApr 2022 Dancetrain Issue.**
- Students consider their analysis of their individual pelvic alignment and the exercises suggested in the article. From this, students create a small exercise and stretching plan to target the desired strength or flexibility they need to work on to gain a more stable pelvis.
- Students then refer to these in their warm up and cool down each practical lesson.