Dancetrain Lesson Plan

Dancetrain Issue: **MayJun 2020** - *BODYWISE – The Dancer's Foot and Ankle p42,43*

Title:	**The Dancer's Foot & Ankle**	Suggested Stage/Year:	**Stage 5 – Yr 9 & 10**
Dance Syllabus Area:	**Performance**	Topics:	**Safe Dance Practice - anatomy**
Prior Knowledge:	**Basic technique and dance Vocabulary**	Cross Curricular Links:	**PDHPE & Science**
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	- correct body alignment and placement while executing movement - apply their knowledge of major muscle groups and skeletal structures to the execution of movement	
Teacher Notes	**Students should have been introduced to some safe dance practice concepts and classical ballet vocabulary.**		

Content

Introduction

Students read the article and highlight key points

Activity 1

Students consider their own anatomical structure in your foot and ankle. Do they have any strengths, weaknesses, high arches, low arches, hyper mobility (extra flexibility), limits in flexibility?

Students then identify:

- how this may impact their technique.
- injuries could potentially occur
- types of exercises or adjustments could they make to manage these attributes

Activity 2

➤ Chose a basic foot and ankle exercise to practise – this might be rises, tendus, fondus in various positions. After completing a warm-up. Video record your foot and ankle while doing the exercise.

➢ View the footage back and look at the alignment of your middle toe, heel, ankle, shin & knee. Also look at how the foot is stretched and how the arches are working. Students record some constructive feedback for themselves and some goals you could work on

Activity 3

Using information that they have read in the article students create a 5 question quiz for one of their peers to complete. They may like to use an online quiz creator such as "Quizlet" Students must include at least one each of the following types of questions:

What?
How?
Why?
Which?
Why?

Conclusion
Students pass their quiz onto a classmate and review each other's answers.