

Dancetrain Lesson Plan

Dancetrain Issue: **Nov/Dec 2020 Allegro p4**

Title:	Allegro	Suggested Stage/Year:	Stage 4, 5 or 6
Dance Syllabus Area:	Performance	Topics:	Safe Dance Practice
Prior Knowledge:	Knowledge of basic coordination and jumping technique	Cross Curricular Links:	Physics
Dancetrain Issue & Resources:	NovDec 2020 <i>MR JEREMY article "Improving Grand Allegro" p4</i>		Camera and digital photo/video editing tool such as Microsoft Photo, Paint, Adobe acrobat, photoshop or iPhoto
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	<ul style="list-style-type: none"> • identify and explain the capabilities and limitations of the body • correct body alignment and placement while executing movement • the relationship between muscle engagement and desired movement 	
Teacher Notes	This task is suitable for Yr 7-12 students relative to the jumps and elevations they have been studying in class routines. While this article focuses on male strength, it is worth considering how each in individual anatomical structure functions differently during elevations.		

Content

Introduction

Students read the article on p4 regarding grand allegro. Teacher leads a warm up that prepares students for a range of allegro sequences.

Student task

1. Students perform either a known allegro or grand allegro exercise or sequences from a class routine

2. Students work in pairs to film each other performing the allegro movements. They will need to use a slow-motion feature of their digital device or use a class video camera and edit it in slow motion. Make sure they get a full body perspective and take several versions from different perspectives – e.g. front, back & side.

3. Students view the slow-motion footage of their own jumps and analyse their execution of the skills outlines in the article. Students write a self-reflection under the following headings. You may like to reduce the number of headings for stage 4 and 5 students.
 - Coordination
 - Tracking of the arms
 - Arms into position quickly, then slowly release
 - Take off at the end of the beat

4. After completing their analysis, students set themselves specific goals to work on in their jumps. Teacher will lead a class discussion where students share their goals, and also supports them to identify which strengthening exercises will assist in reaching these goals.