

Essential Questions: If practice makes perfect, what makes perfect practice?

Rationale:

Becoming familiar with proper body alignment and posture is a fundamental step in an aerobic dance class. Movement instruction will display the basics of dance technique through the understanding of these elements. Material in this LAP will also focus on class format, specifically the Warm-up: function and technique. Simple exercises will be used to build coordination, confidence and memory retention.

LAP Objectives:

- ✓ Begin to develop a movement learning style
- ✓ Recognize proper posture and body alignment
- ✓ Recognize and define basic dance movements
- ✓ Engage in dance aerobics exercises that raise the heart rate and develops skills

Homework:

- Review and practice movement skills and combinations
- Come to Open Lab for individual practice if necessary

Open Lab Activities:

Students should use Open Lab time to ask questions, obtain one-on-one instruction and practice movement exercises in order to increase skills and build confidence. Make-up classes are also held during Open Lab time.

FORMATIVE ASSESSMENTS:

*Class Participation – 10 points max each class meeting/ recorded as 50 points possible per cycle

*Skills Check(s) - an unannounced assessment of the mastery of any given skill taught within this LAP

SUMMATIVE ASSESSMENT:

DATE:

LAP 1 Performance Test

* remember to wear all black or dark colored clothing

*This LAP may be changed at the instructor's discretion. Classroom announcements and Weebly updates will be made in the event of any changes. It is the student's responsibility to remain aware of changes.

LAP1 Notes & Vocabulary

WARM-UP

- To prepare the body for more rigorous demand by raising the internal temperature
- To prevent injury
- To shift the dancers' focus to their bodies

1. ISOLATIONS - focusing on one body part at a time

- Helps to slowly increase blood flow to the body
- Increases kinesthetic awareness, coordination and memorization

2. FULL BODY MOVEMENTS – progression to include more muscle groups simultaneously

- Emphasis on correct alignment and technique for later movements

3. STRETCHING/FLEXIBILITY – taking each muscle group to its full range of motion

- Stretches held long enough to prepare for more vigorous aerobic movements, not specifically intended to maximize flexibility

VOCABULARY

1. **Ball Change** - A transfer of weight to the ball of the free foot then back to the supporting foot
2. **Chassé** – To chase (one foot chases the other out of its position)
3. **Core** – “The core muscles are predominantly formed by the rectus abdominis, transverse abdominis and internal and external oblique muscles – all commonly known as abdominal muscles, along with the gluteus (buttock muscles), pelvic floor and scapular muscles. The main function of this group of muscles is to stabilize a body segment, so that another body segment can generate power. When activated properly, they also help in avoiding or minimizing injury.” -Mr. Haris Mohamed
4. **First Position** – (Refers to one of the 5 classic ballet positions of the feet) in which the legs are close together, under the hips
5. **Grapevine** – a weaving pattern of movement consisting of three steps and a touch. The first step is open in the direction of travel, step 2 crosses, step 3 opens again
6. **Isolation** – Moving one part of the body
7. **Kinesthetic (sense)** – “think feel” or “muscle sense.” The sensation by which bodily position, weight, muscle tension, and movement are perceived
8. **Parallel** – Refers to the position of the legs/feet where the toes/knees/thighs are pointed straight forward, the heels pointed straight back. There is equal distance between the two feet/legs which never touch
9. **Passé** – pass – pass the foot of the working leg by the knee of the supporting leg
10. **Pivot Turn** – a turn (max of 180° rotation) on the ball of the foot
11. **Plié** – bending (knees over toes, keep posture straight)
12. **Relevé** – To rise (feel all toes on the floor, ankle follows the line of your foot)
13. **Sauté** – To jump
14. **Second position** – (Refers to one of the 5 classic ballet positions of the feet) in which the legs are spread apart, slightly wider than the hips and shoulders
15. **Turnout** – Refers to the outward rotation of the hips, legs and feet