

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

Homework:

- Review LAP 1 vocabulary
- Review and practice movement exercises
- Come to Open Lab for individual practice if necessary

Open Lab Activities:

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

Formative Assessments:

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

Summative Assessment: _____

* Performance Assessment – each student will perform a movement sequence for the teacher. For each exercise (and transition), students will be assessed on overall breath control, proper body alignment, technique and focus.

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.

LAP 1 Notes

Anatomical Terms:

1. Flexion – bending, folding of a joint
2. Extension – straightening or increasing the angle of a joint
3. Inversion – turning the sole of the foot inward (also called Supination or Sickling)
4. Eversion – turning the sole of the foot outward (also called Pronation)
5. Supine – lying on the back, face-up
6. Prone – lying face-down
7. Medial – closer to the midline of the body
8. Lateral – toward the side of the body or further from the midline
9. Anterior – situated toward the front of the body
10. Posterior – situated toward the back of the body

Dance Terms:

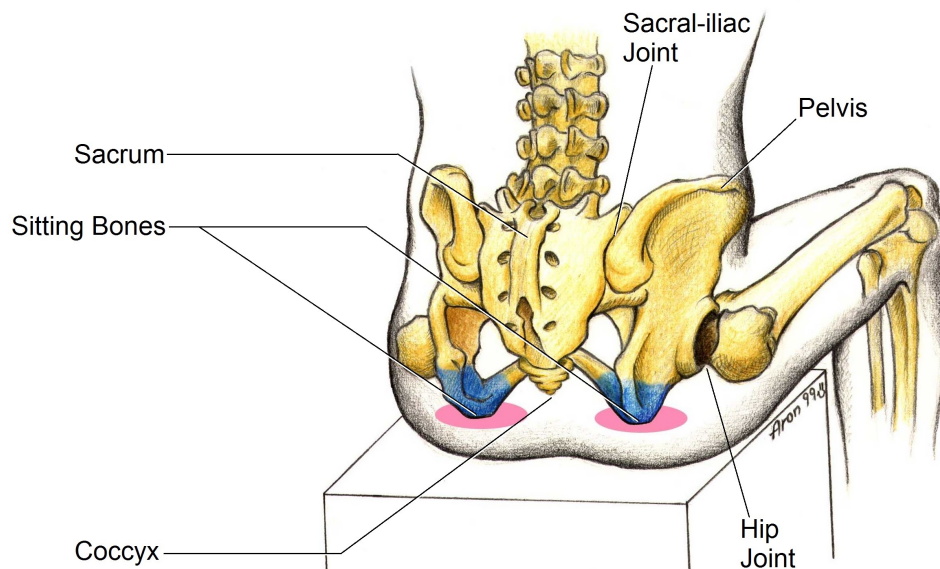
1. Alignment – Correct body alignment is the optimum positioning of the body segments. Proper body alignment creates balance, allows the dancer to move freely and lessens the risk of injury.
2. Core – “The core muscles are predominantly formed by the rectus abdominis, transverse abdominis and internal 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
3. Parallel – No rotation of the hips, legs and feet
4. Turnout – Outward rotation of the hips, legs and feet
5. Plié – to bend
6. Relevé – to rise
7. Flat back –flex at the hips, fold a lengthened spine forward, parallel to the ground
8. Sequential – following in an order or sequence, one vertebrae at a time
9. 1st position
 - a. Feet/legs - position of the feet placed under the hips
 - b. Arms – placement of the arms held out in front of the chest
10. 2nd position
 - a. Feet/legs - position of the feet placed wider than the hips and shoulders
 - b. Arms – placement of the arms lengthened out to the sides of the body, slightly forward (“T” shape)



Seated Side Bend

Targets: neck, shoulders, back, and obliques

- Sit in a cross-legged position. Place bottom hand on floor to side of hip, elbow slightly bent. Extend top arm by ear.
- Lean laterally, keeping pelvic bottom on floor, shoulders down.



How to do Table Top Pose



SocialHermit

Cat Cow Pose

Inhale, and come into cow pose:



Exhale, and come into cat pose:

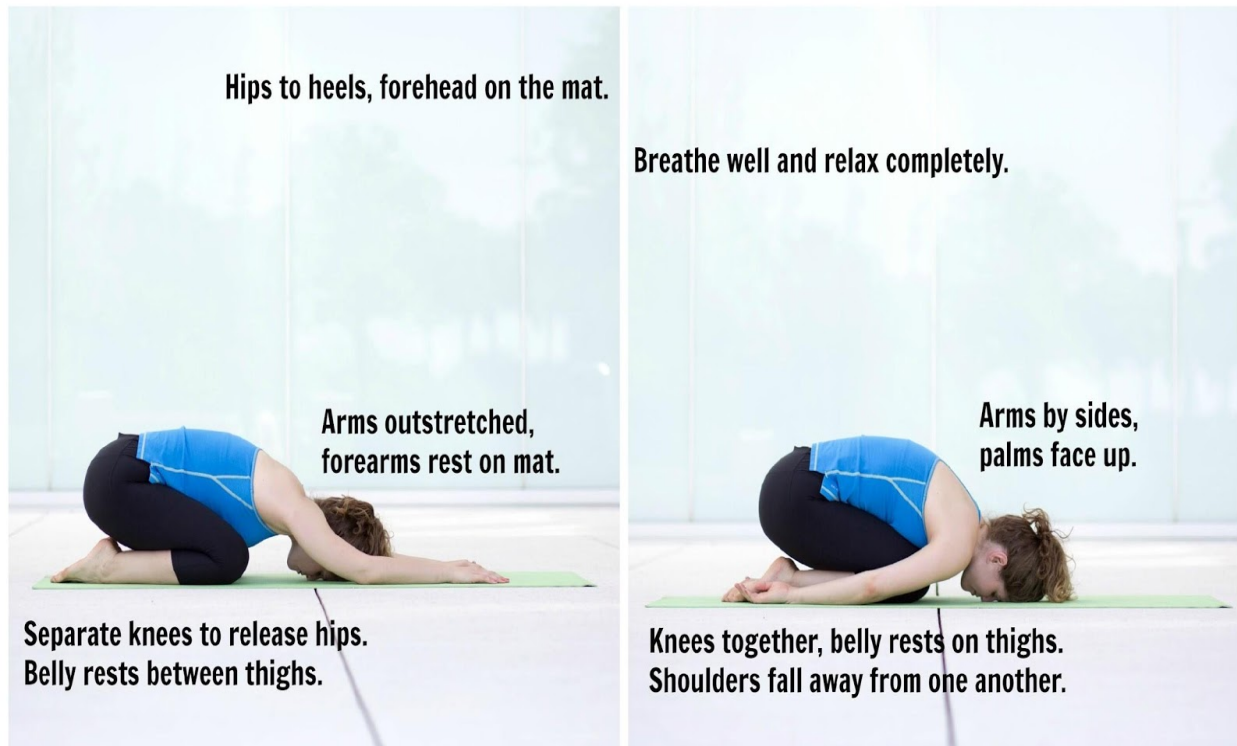


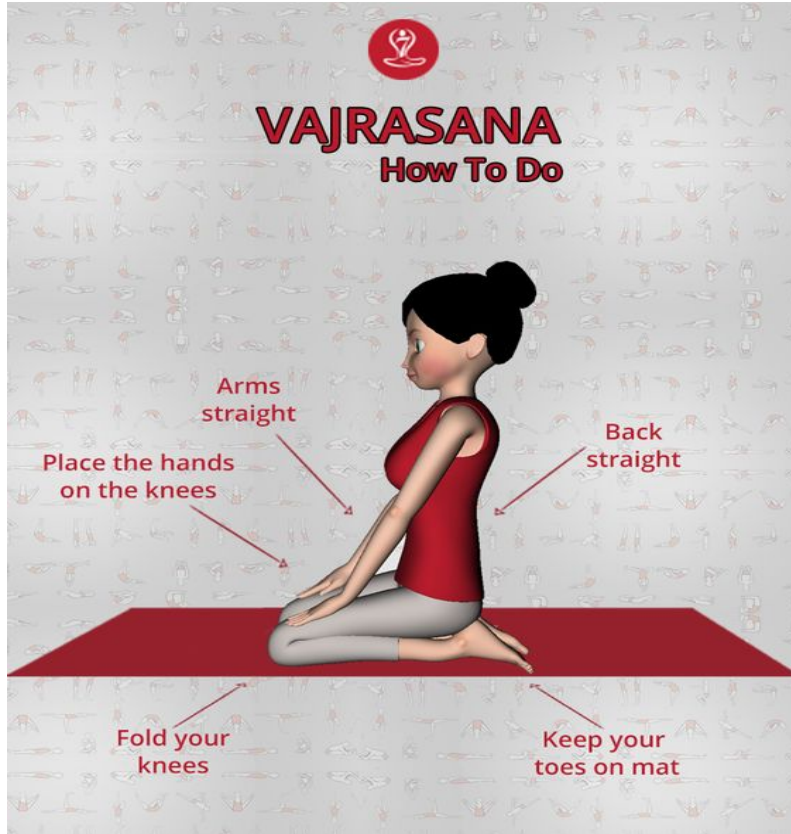
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Table Top with Contralateral Extensions



Child's Pose



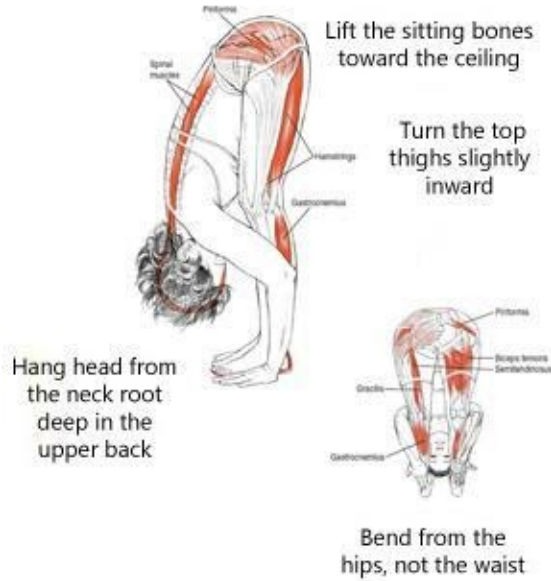


How to do Bridge Pose [Setu Bandhasana]



Uttanasana (Standing Forward Bend)

exhale



Do this

1

bend from hips

long, relaxed spine

neck released

generous bend in knees to support hamstrings

feet hip width

2

release shoulders, neck, upper spine

pelvis free to tilt forward

microbend in knee

Not this

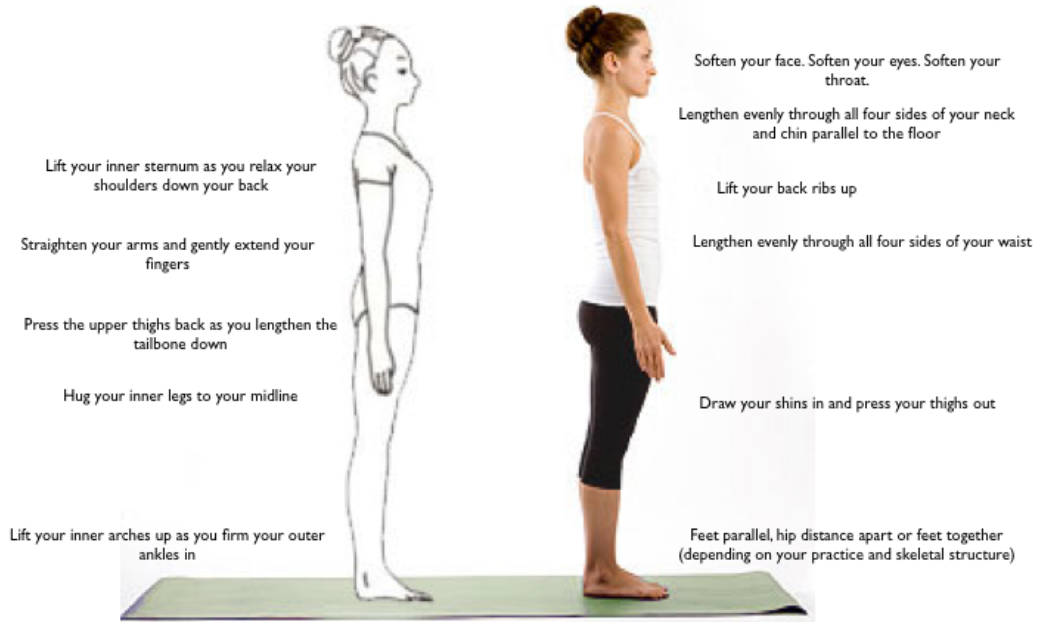
pressure on neck

locked knees

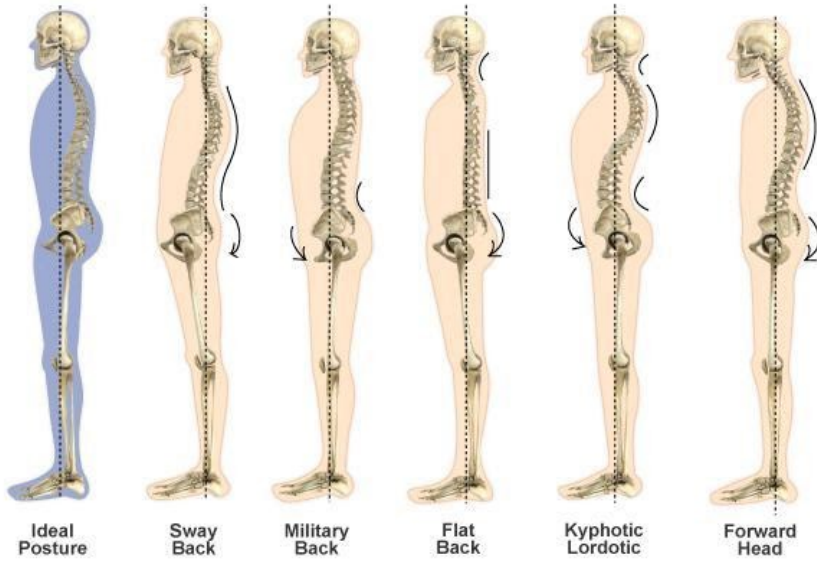
bend from waist / spine

feet too close

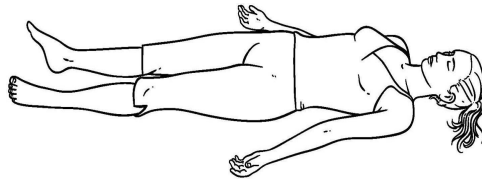
MOUNTAIN POSE



Common Postural Problems



Corpse Pose



The body rests on the earth in a supine position with the arms resting by the side body. The palms are relaxed and open toward the sky. The shoulder blades are pulled back, down and rolled under comfortably, resting evenly on the earth. The legs are extended down and splayed open. The heels are in and the toes flop out. The eyes are closed. Everything is relaxed. The gaze is inward.

Calms the brain and helps relieve stress.

Benefits:
Relaxes the body.

Helps to lower blood pressure.

How to Use Your Breath

While priorities may differ between styles and teachers, when to inhale and exhale while moving is a fairly standardized practice element. Here are three simple guidelines for pairing breath with types of poses.

When bending forward, exhale.

When you exhale, the lungs empty, making the torso more compact, so there is less physical mass between your upper and lower body as they move toward each other. The heart rate also slows on the exhalation, making it less activating than an inhalation and inducing a relaxation response. Since forward bends are typically quieting postures, this breathing rule enhances the energetic effects of the pose and the depth of the fold.

When lifting or opening the chest, inhale.

In a heart-opening backbend, for instance, you increase the space in your chest cavity, giving the lungs, rib cage, and diaphragm more room to fill with air. In addition, heart rate speeds up on an inhalation, increasing alertness and pumping more blood to muscles. Poses that lift and open the chest are often the practice's energizing components, so synchronizing them with inhalations takes optimum advantage of the breath's effects on the body.

When twisting, exhale.

In twists, the inhalation accompanies the preparation phase of the pose (lengthening the spine, etc.), and the exhalation is paired with the twisting action. Posturally, that is because as your lungs empty there's more physical space available for your rib cage to rotate further. However, twists are also touted for their detoxifying effects, and the exhalation is the breath's cleansing mechanism for expelling CO₂.