

Essential Questions: What is my purpose with this sequence? Have I designed a sequence that achieves my purpose? Can I perform this sequence to the best of my ability?

Rationale:

Students will work in pairs or small groups to create a comprehensive movement sequence comprised of exercises and poses practiced throughout the semester. Class time will be devoted to creating and perfecting this routine. Students are assessed on mastery of the movement as well as concentration, breath control and transitional flow. The final exam routine will be performed on Performance Assessment Day, Tuesday, December 17. Groups must sign-up for a performance session. The sign-up sheet will be posted in the dance studio.

LAP Objectives:

- ✓ Create a movement sequence following a set of guidelines
- ✓ Correctly execute the sequence while showcasing technical skills, mental focus and breath control

Formative Assessments:

1. Class Participation

**PERFORMANCE EXAM – December 17, 2019**

Mind & Body class will perform their skills Exam on Performance Assessment Day. Each group will sign-up for a specific 10-minute time-slot. (The sign-up sheet will posted in the dance.) All group members must be present to begin the exam. Students should be on time, dressed appropriately and ready to perform. If for any reason a student is unable to perform during her scheduled time slot, she must reschedule a new time with the teacher.

\*In addition, all students must clean out their PE locker and return their lock to the teacher before the exam performance session. Student locks must be received before final grades will be entered.

Open Lab:

It is recommended that each student schedule an OL time to practice individually or with her group to build strength, flexibility, memory and confidence.

Homework:

1. Practice

*This LAP may be changed at the instructor's discretion. It is the student's responsibility to remain aware of changes.*

### M&B Exam Sequences:

1. Groups will choose at least **SIX exercises** to incorporate into their sequence
  - Discuss which muscle group(s) the exercise focuses on and how to properly execute the movement
  - Decide the starting and ending position for each exercise
  - Discuss variations/ modifications of the exercise and choose which way you will perform
  - **At least ONE of the six exercises must be from LAP 4 (pigeon, reverse plank or tree)**
2. Choose additional exercises to use as transitions between your main six exercises
  - These transitional movements will help you move from different positions on the mat, and create a flow that will guide the sequence from the start through the conclusion
3. Realize proper breath initiation for each exercise and practice accordingly
  - Typically, inhale while extending or arching and, exhale while folding or contracting
4. Decide on the duration for each exercise
  - How many breath cycles for a longer pose or how many repetitions on each leg, etc.
5. Each student will turn-in her own completed copy of the *Sequence Builder Worksheet*.
  - Sequence Builder worksheets are due by the start of that student's exam performance time.
6. Exam Sequences will be performed on **Performance Assessment Day, December 17.**
  - Groups will sign-up for a 10-minute performance slot within the allotted exam session times. The sign-up sheet is posted in the dance studio. Please check both the exam schedule and the sign-up sheet and mark your calendar accordingly.
  - All students must arrive early and be prepared to perform on time. Students may arrive early to warm-up on their own. Remember to remain quiet in the hallways as other students will be testing in surrounding areas.
  - Students should wear dark, tight fitting clothing. Hair must be pulled-up out of face. No jewelry or socks.
  - Each student must clean out her PE locker and turn in her lock before the exam session starts.

**Pose/Transition Suggestions:**

- Mountain and Corpse can be used as preparatory or ending poses, but not as one of the main six for the sequence
- Poses marked with an asterisk (\*) are from the new LAP. At least one of them must be included in your sequence

Mountain Pose

Lateral Lean

Hip Stretch

Leg Extension/ Contralateral Extension(s)

Bridge

Upward Salute

Flatback

Standing Forward Bend

Lunge

Plank

Cobra

Knees, Chest, Chin

Low Plank/ Chaturanga

Downward Dog

Three-Legged Downward Dog

Child's Pose

Cat-Cow

Sequential Roll-up/down

Bridge (w/ extensions)

Contralateral Extensions -Kneeling Table Top

Warrior I

Warrior II

Warrior III

Reverse Warrior

Side Angle

Extended Side Angle

Triangle

Corpse Pose

\*Pigeon

\*Upward (reverse) Plank

\*Tree

