

Unit: Body

Lesson Concepts: Off and On Balance, Single Focus Multi Focus (review)

Teacher: Annie Corrao

Threshold

It is very windy today in our studio!

Give each dancer a leaf and single focus on that leaf

Look at your leaf

Whisper what color it is, how big is it? What does it feel like?

Take your leaf and watch it with single focus so it does not blow away in the wind!

Follow Miss Annie into the studio

Stand on a pumpkin, the pumpkins are stuck to the floor, they must stay right in their spot

Your leaf is blown out of your hands, with multi focus find your leaf on the low level and then return to your pumpkin

You are standing on balance with a single focus on your leaf, but oh no! The wind is blowing you off balance! Hold on to your leaf - get back to your pumpkin and balance on one foot!

The wind is blowing you off balance again! All of the leaves are blown around the room, multi focus on all of the leaves

Single focus on your leaf and bring it back to stand on balance on your pumpkin

Now hide your leaf so that we can find it later - and then return to your pumpkin.

Follow Miss Annie - on balance on one leg and then off balance, catch yourself on balance in a straight shape), and then fall off balance (making curved shapes in your body) - to a hula hoop

Warm-up

Rhymes

Freeze dance = on and off balance, incorporating: levels, focus, and shapes

**dance inside the square!

Introducing the Concept

(using the groups from last week)

Find your leaf and bring it back to your group and stand inside the hula hoop

Within each hula hoop make a group tree shape that is on balance

The leaves then fall off balance to the tree across the square (the other hula hoop) - both groups are moving at the same time

(practicing on balance and off balance as leaves falling off trees)

Then from those groups pair up, partners balance in a connected shape together but then travel off balance apart (use the diagonal line as the place where the partners connect and balance together)

*Introduce gallop (step hop) w/ partner for later obstacle course

Explore the Concept

Leaves fly around, on and off balance, but so do superheros! Let's be flying superheroes

"Superhero" Laurie Berkner

Phrase: (chorus)

on balance on one leg, fall off balance x2, squat core and jump up with arms up distal, two chasses to one side two chasses to the other side, gallops (step hop, step hop)

Verses:

- (1) in between flying
- (2) on and off balance
- (3) low and high level
- (4) curved and straight pathways

Cool Down

Flying around as a superhero is really tiring

Slowly lower down onto the floor after flying around

While on the floor, breathe deeply in and out

Trace the wind and the leaves with your fingers and toes

The wind slowly begins to roll you around the floor, your spinning around and around to finally stand up!

Develop Skills

Obstacle course (same set up as last week – diamond shape, two groups on either side)

Glide off balance along the floor in a zig zag pathway, moving through all of the fallen leaves, towards your partner

Inside the hula hoop balance with your partner on one leg

Then with your partner gallop (step hop, step hop) to Miss Jess

Then run and leap over the pile of leaves to the beginning

*switching up each time (about 5-8 times)

Create

Use the phrase from the superhero song and then have students create ways to fall on and off balance, going around in a circle

Threshold

Parent dance: incorporate partnering and add to create dance that was made earlier