

Unit Plan

Class Age/Level: Undergraduate College Teacher Name: Mackenzie Matyn
Unit Theme Core Modern Dance Technique Concepts
Unit Objectives <ul style="list-style-type: none">• Students gain a general understanding of the following core concepts in modern technique• Students are able to confidently discuss each lesson and the objectives of each• Students are able to identify the benefit/purpose of each lesson and how these lessons fit into their dance training/careers
Lesson 1: Head-tail Connection <ul style="list-style-type: none">• Understand the locations of tailbone and top of head in relation to the rest of body• Understand the concept of head-tail connection in movement and its benefits (including moving more efficiently)• Be able to translate the head-tail connection concept into more complex skills, such as inversions• Be able to utilize head-tail connection seamlessly in end-of-class phrase work
Lesson 2 Anatomy and Dance <ul style="list-style-type: none">• Gain a general understanding of the major muscle groups and their location on the body• Be able to identify the muscles engaged in specific movement or skill• Be able to confidently describe the mechanics behind a movement or skill in anatomical terms• Discover a deeper appreciation for the body and its functions especially in relation to dance
Lesson 3: Contact Improvisation <ul style="list-style-type: none">• Experience the tactile touch and put trust into other students• Have practiced weight-sharing with other bodies• Understand the safety components associated with contact improvisation• Be able to apply contact improvisation concepts discussed in final “Improv Jam”
Lesson 4: Intro to Dynamics: Control and Release <ul style="list-style-type: none">• Have a proficient understanding of controlled movement versus released movement• Understand tools to help attain the controlled or released movement• Have experienced pushing their own boundaries of expansive movement and traveling• Understand how the tools of controlled movement, released movement and expansiveness in movement aid the development of dynamics of the dancer’s artistry