

Lesson Plan: Anatomy in Dance

Class Age/Level: Undergraduate College Teacher Name: Mackenzie Matyn
Objectives After this lesson, students will: <ul style="list-style-type: none">• Gain a general understanding of the major muscle groups and their location• 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 their body and its functions especially in relation to dance
Materials Music, Full-sized skeleton replica (if applicable)
Methodology These objectives will be obtained through focused discussion, and exercises
Introduction of Concepts <ul style="list-style-type: none">• Objectives will be introduced first through discussion, this will be used to analyze the students' knowledge of anatomy• After dancers are warmed-up, guided stretching along with discussion of what muscles were being worked• Basic technique exercises including plies, tendus, develops, will be executed with focus on the joints and their range of motion
Exploration & Application of Concepts <ul style="list-style-type: none">• Exploration off different anatomical concepts continue in across the floor phrases (ex: Leg swing in relation to hip joint)• Students learn and execute a center-work phrase, taking turns identifying moments where muscles are working and/or joints are being utilized• Dancers cool-down, while discussion of care for muscles after exercise begins
Post-class Reflection (To be completed after teaching – what worked/what would you change next time?)