

<p>Lesson Date: 04/17/2018 Class Age/Level: Varying College Levels Teacher Name: Mackenzie Matyn</p>
<p>Objectives</p> <p>After this lesson, students will:</p> <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
<p>Materials</p> <p>Music</p>
<p>Methodology</p> <p>These objectives will be achieved first by a phrase work on the floor, followed by phrase work in the center, then movement across the floor, finally ending with an all-encompassing phrase. With discussion all throughout.</p>
<p>Introduction of Concepts</p> <ul style="list-style-type: none">• First introductory to the ideas will be through class discussion. Purpose is to discover how much the students already know.• Incorporate some well-known poses (such as Cat and Cow) to further explain connection.• Next will be exploration of these concepts by a movement phrase on the floor.
<p>Exploration & Application of Concepts</p> <ul style="list-style-type: none">• After the students seem to have a fair understanding of the concept, we will then apply the concept to tradition technique exercises (plies, tendus, swings, etc.).• Exploration continues by incorporating weight baring in the hands in inversions (providing modifications as needed)• The class concludes with a final all-encompassing phrase, including elements discussed in class, providing students the opportunity to practice applying the skills.
<p>Post-class Reflection</p>