

## Lesson Plan: Head-Tail Connection

<b>Lesson Date:</b> 04/17/2018 <b>Class Age/Level:</b> Varying College Levels <b>Teacher Name:</b> Mackenzie Matyn
<b>Objectives</b> After this lesson, students will: <ul style="list-style-type: none"><li>• Understand the locations of tailbone and top of head in relation to the rest of body</li><li>• Understand the concept of head-tail connection in movement and its benefits (including moving more efficiently)</li><li>• Be able to translate the head-tail connection concept into more complex skills, such as inversions</li><li>• Be able to utilize head-tail connection seamlessly in end-of-class phrase work</li></ul>
<b>Materials</b> Music
<b>Methodology</b> 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.
<b>Introduction of Concepts</b> <ul style="list-style-type: none"><li>• First introductory to the ideas will be through class discussion. Purpose is to discover how much the students already know.</li><li>• Incorporate some well-known poses (such as Cat and Cow) to further explain connection.</li><li>• Next will be exploration of these concepts by a movement phrase on the floor.</li></ul>
<b>Exploration &amp; Application of Concepts</b> <ul style="list-style-type: none"><li>• 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.).</li><li>• Exploration continues by incorporating weight bearing in the hands in inversions (providing modifications as needed)</li><li>• The class concludes with a final all-encompassing phrase, including elements discussed in class, providing students the opportunity to practice applying the skills.</li></ul>
<b>Post-class Reflection</b>