

Lesson Plan: Contact Improvisation

Lesson Date: April 24, 2018 Level: Undergraduate College Teacher: Mackenzie Matyn
Objectives After this lesson, students will: <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”
Materials Music
Methodology Objectives will be achieved through set exercises, improvisational exercises and discussion throughout.
Introduction of Concepts <ul style="list-style-type: none">• Class will begin with a discussion on contact improvisation experiences; used to assess the class’s knowledge/experience with the subject.• Dancers will pair up and be guided through light trust exercises• Dancers will travel across the floor with partner exploring points of contact through guided exercise.
Exploration & Application of Concepts <ul style="list-style-type: none">• Dancers find new partners and begin exploring more complex weight-baring skills• Dancers are then given the opportunity to “Improv Jam”, using the skills they had touched on in class in improvisational study• Discussion immediately following cool-down to assess student’s thoughts
Post-class Reflection