

## Lesson Plan: Contact Improvisation

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