

Lesson Date: 03/22/2018 Class Age/Level: College Junior/Senior Teacher Name: Mackenzie Matyn
Objectives After this lesson, students will: <ul style="list-style-type: none">• Have a proficient understating of controlled movement versus released movement• Understand tools to help attain the controlled or released movement• Have experienced pushing their own boundaries of expansive movement and traveling• Understand how the tools of controlled movement, released movement and expansiveness in movement aid the development of dynamics of the dancer's artistry
Materials Music
Methodology These objectives will be achieved first by improv, then followed by phrase work, with discussion all throughout.
Introduction of Concepts (When/how will you introduce the ideas this lesson focuses on) <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• Next to be introduced will be the release of movement through guided improvisation• Following will be a phrase introducing the concept of control, still including moments of release• Lastly, we will combine the elements in a final phrase which utilizes both the control and release aspects intertwined, along with challenging expansiveness in movement
Exploration & Application of Concepts (When/how will you expand upon the ideas this lesson focuses on and help students apply them) <ul style="list-style-type: none">• To help the students apply the idea of releasing movement we will do some partner warm-up where the partner shakes out the other partner and holds a little of their weight for the partner to feel the release feeling. Following this they will continue to explore the idea of release through improvisation• These ideas then expand adding in the aspect of control. This will be tested in a tendu and release phrase. Adding in imagery for control versus release. Displaying to the students how a phrase work can contain both control and release movements• Lastly the final phrase combining of both control and release as well as other elements of artistry such as expansiveness through their movement will highlight the formulation of dynamics in movement followed by a discussion
Post-class Reflection (To be completed after teaching – what worked/what would you change next time?)