

Integrated from head to toe

Warm up - Ground

Cardiovascular: Dance across the floor

- Liners
 - Chasses right, left, then alternate right and left
 - Run, run, grand jete (leap); do with right and left leg forward. Chasse right, chasse left, then run, run, grand jete; do right and left sides
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Strength, balance and dynamic stretching

- Lunge battments (straight leg kicks) alternating legs
- Lunge lever (like transition from Warrior I to Warrior III) handstand; alternating legs

Cues:

- Stay integrated from head to toe like a lever
- Same upper body as donkey kicks
- legs remain in an L shape

Verbal Self formative assessment (Cognitive domain)

- Does your torso move downward in synch with your back leg moving upward?
- What does this type of motion signify? (answer: staying integrated from head to toe)

(warm up continues)

- Inchworms. Start in a plank position. Walk the feet towards the hands until you are in a forward fold Or down dog position. Walk the hands away from the feet until you are plank position. Repeat across the floor and then backwards across the floor again.
 - Crab walks forward
 - Bear walks backward
 - Boat pose twists 20 times
 - Leg flairs (straddle windmills)
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Warm up - Air

- Pulling taffy. Hips stay facing “front” while you hang from straight arms encircling the body around anchored feet on the ground. Clockwise and counterclockwise directions 4-6 times each.

More Cues:

- Lift the spine and ears up!
- Fingers face inward and elbows forward for external rotation of the upper arm bones.
- Straight and bent arm hangs for 10 counts each. Straight arms have the same external rotation as the pulling taffy. Bent arms are done with elbows and triceps connected to the back or latissimus dorsi.

More Cues:

- Lift the spine and ears up!
- Squish a grape between your shoulder blades to push the heart forward.
- Seated rows 10-15 times pressing “thutt” down into fabric keeping a hollow body to stay integrated from head to toe. Bend and straighten elbows only connecting the triceps to the back or latissimus dorsi with each row.

Verbal Self formative assessment (Cognitive domain)

- Does your torso move upward in synch with your legs moving downward?
- What does this type of motion signify? (answer: staying integrated from head to toe)

(warm up continues)

- Supported pike straights. From a straddle back position on a knot or sling, straighten legs up to place toes on the outside of the poles and grip fabric at or above the knees. Pull down to slide toes and hips upward until in an inverted straight hand position. (like transition from down dog to plank pose in inchworms)
- Single knee hook levers on both sides. From a straddle back position, make a single knee hook on both fabric poles. The free leg should be straight in an arabesque position then lift leg up to the poles and beat (back battments) the leg downward with a “thutt” engagement. Maintain the hollow body in the torso to stay integrated from head to toe.

More Cues:

- Avoid bringing free leg in front of the poles
- Squish “thutt” on locked leg to maintain a strong knee hook
- Basic stand. Grip both fabrics overhead. Dancer wrap both fabrics with one leg then flex the foot behind the tail. Step the other foot down on top of the flexed foot then squeeze inner thighs and “thutt” to stay integrated from head to toe while pulling up to a bent arm hang position.

Recorded Teacher pre and post-assessment

Student remains engaged in the abdomen and “thutt” to stay integrated from head to toe

Always Does with a reminder from the teacher Never

Exit slip for recorded formative assessment

Name _____ Date _____

What does moving your torso and legs in synch with one another like a lever signify?

Answer: _____

