

# Practicum Lesson Plan

Designed by: Kaylee Fandre

Course or class: Jazz Technique

Date of lesson: Wednesday, December 7th

Length of lesson: 45 minutes

Materials and resources needed: *playlist, mirrors*

**Standards:** Standard II, 9.1.2.1.1; Standard IV 9.4.1.1.1

## Learning Goals:

1. *Students will increase their flexibility in their splits and leaps.*
2. *They will improve their endurance.*
3. *They will improve their technical placement in leaps and turns.*
4. *They will increase their strength for height in jumps and battements.*

## Assessment:

I will assess their progress by seeing if they are applying corrections in their performance during class. I will also see their physical reactions (sweating, heavy breathing, increased flexibility, toning of muscles) to see if I am pushing them enough or too much. I will utilize videos to document progress throughout the year in terms of flexibility, strength, and placement and how that impacts their dancing. If the students are asking questions, I will also know that they are interested in what we are doing and motivated to learn more.

## Lesson Progression:

10 Minutes: cardio

Song: DJ Earworm mashups from 2013, 2014, and 2015

- 2 8's of jumping jacks to all four walls
- 4 8's high knees
- 2 8's jumping jacks in reverse order of walls
- chase's across the floor x4
- roll down, walk to plank, walk in, roll up across the floor x2
- bur-pees into tri-cep push-ups
- bur-pees into bicep push-ups

3 minutes Core:

Song: In the Name of Love by Martin Garrix and Bebe Rexha

- Planks
  - Alternate legs sliding up to ear for 16
  - Stay on the right for 8
  - Left of 8
- Down down, up up (elbows to straight arm plank)
  - 4 starting with each arm
- Mountain Climbers
  - 8 slow
  - 16 quick
- Circular crunches
  - 8 to the right
  - 8 to the left
- Sit-ups with legs in butterfly
  - 16

- Bicycles
  - 8 slow
  - 16 quick
- Scissor kicks grabbing the leg
  - Stay on the right and crunch 8 times towards right leg then switch
- Tricep Dips
  - 8 bent knees
  - 8 straight legs

\*finish with a seal stretch and child's pose

#### 10 Minutes warm up and stretching:

Songs: I don't like it, I love it- Flo Rida, All The Way- Timeflies, Love Runs Out- One Republic

- Isolations
  - Heads
  - Ribs
  - Shoulders
- Stretching
  - Standing in wide second stretching right, flat back, arch back, reach to foot, bend and
  - stretch opposing foot, hangover center, plie roll up, repeat other side
- Lunges
  - Both legs straight
  - Ponche
  - Ponche battements and pulses
  - Back knee down, hands on front knee, arch back
  - Front lunge, up and over 8 times then switch to other side
- Straddle
  - Reach right with arm over head and then nose to knee, circle around, repeat left, reach center, pointe and flex feet
- Butterfly
  - Extend right leg front, side, let go and hold, slice forward and side 8 times, relax over, repeat other side
- Pike
  - point and flex feet
- Downward dog (both sides)
  - Open the hip
  - Half pigeon
  - Splits

Partner Stretch: one partner against the wall and the other partner stretching their leg up while the person getting stretched gives resistance for 10 seconds at a time with 3 reps to gain strength and flexibility

#### Center Floor

Song: Trouble- Iggy Azalea

- Foot Exercise
- heel off, toe off, press, press RLRL
- Tendu parallel 4 anqua
- Roll down and hang over

- Tendu turned out 4 anqua
- Roll down, make a ball
- Balance in paralle passe on both side

Song: What Do You Mean- Justin Bieber

- 32 knee lifts on right
- developpe anqua with second side being a tilt into a turned out passe balance
- 32 knee lifts on the left
- repeat developpe anqua on left

#### Across the floor

Song: Break a Sweat- Becky G

- Battements
  - Plie releve, alternating legs
  - Front RL, side R facing mirror, R fan, double allusion, repeat on L
- Six step with pirouettes
  - holds, singles, doubles, triples, quads
  - 5 for company
- Leaps from the corners
  - Develope
  - Center