

Dance II: Spring

Dance Warm-up Assignment

Objective: You will be given the opportunity to take a leadership role in the class. Using the many warm-ups Mrs. Taylor has led as a model, you will instruct the class in stretching for that day's dance class. You will each have your own assigned day. It is your responsibility to be prepared with music

and what you will lead. This assignment is worth 50 points.

Criteria for Warm-ups

- You should have music prepared/downloaded so you are not searching for

music at the last minute) If you must bring phone, you must keep it in pocket until in dance room- you are not allowed to be carrying it out in the open in hallway/fieldhouse.

- You need to be here on your assigned day, and know that you lose a letter grade each time you are absent and scheduled to lead and have not made arrangements to switch with someone

- The time length fits into requirement of 4-7 minutes.(roughly 2 songs!) The number one reason dancers lose points is because it is too short-overplan!
- Just as if you were presenting in another class, you should speak loud enough and clearly, exude confidence, and should be prepared with what specific stretches you are doing.

- Yes, have fun with it; you can still be creative! For instance what formation will you have the class in; add your own style.

- Possible ideas:
 - Abdominals, biceps, triceps, quads, hamstrings, back, shoulders
 - Examples: crunches, planks, jogging in circle, partner stretching, a

- Zumba dance, stretch at ballet barre, yoga poses
- Review technique: jazz kicks, pirouettes, leaps across the floor, chainee turns, lyrical runs, etc.

The following muscle groups/joints need to be addressed in **stretching** and/or warm-up/conditioning:

- 1) neck
- 2) shoulders
- 3) arms (biceps/triceps_
- 4) abdominals and obliques
- 5) quads
- 6) hamstrings
- 7) ankles
- 8) hips
- 9) Cardio- optional