Lesson Plan: Intro to Contemporary TD302T

3/20, 3/22, & 3/27

Theme/Focus: weight bearing into hands, moving head freely as part of spine, dropping into deep grand plié and quickly coming out of it to turn/releve

WARM UP (20 min)

1) Head rolls, side stretch, leg swings, floor warm-up:

 *-objective: gently warm-up the body, get acquainted with the floor*

- begin sitting heels together, two head rolls 8 counts each to the R then L

-side stretch with L arm up and over to the R 8 counts, fold over forward and switch to L for 8 counts, hold L for 8, come up center, repeat other way

- stretch legs forward, fold over for hamstring stretch for two 8’s

- on last 5-8 counts roll up to sitting leaning on hands for leg swings

- 4 alternating leg swings on floor, 4 counts each, last one takes you to X on floor

- two 8 counts to X roll onto knees then sitting position to start other side

- repeat other side

to advance in following classes: add leg swings forward and back with opposite arms throwing motion

instruction notes:

- demonstrate fully for first class while they are doing it

- have tension pulling both arms opposite direction for side stretches

- roll to floor after, lead stretch…

- faster so it goes with leg swings

- open up to the side for 8 for side stretches: THINK ABOUT PULLING SENSATION FROM FINGERTIPS WITH STILLA LOT OF SPACE BETWEEN EAR AND SHOULDER JUST LIKE GRAND PLIE SIDE STRETCH

2) Tondues & rond de jambes:

 - *objective: warm-up feet and hips, isolate upper body from lower in rond de jambes*

 - begin standing parallel, 8 fast tondues R en croix on counts 1-8, repeat L

- 4 tondues en croix R and L counts 1-8, roll down 1-8, stretch R side L side 8 counts each, roll up 1-4, high arch 5-8

-repeat all in turn-out

- 3 rond de jambes with opposite 3rd arms, plié 5-8 reverse; repeat to L, hold a balance arms come to fifth

-to advance in following classes: have students walk around room and find a new spot for 8 counts after tondues parallel and after turned out; add fondue in the rond de jambes

-possibly add slow tondues to start (4 2 counts each each side)

instruction notes:

- high arch: gaze facilitate, do it just thinking about your eyes moving, while everything else stays still, we are trying to not sink in the lower back and lift up to go back

- ronde jambes: start out with just switching your arms, as you feel more stable, try to separate your upper body and let it move freely while your lower abs stay grounded

-everyone try a few of those

3) Grande plies with full upper body circle, floor rolls, gentle weight bearing into hands:

- *objective: head tail connection, moving head freely with spine, grand plié prep, floorwork/hand prep*

- start in wide 2nd position, side bend to R for 2 counts, roll through center with head down for 2, side bend L for 2, come up 7,8

-repeat L, repeat R then halfway through come up twist spine arms out to roll to the floor 1-8

- roll to push up on hands for small handstand one leg off ground 1-4, stand turn out of it to repeat to the L side 5-8

-to advance in following classes: add x roll on ground, make it faster

instruction notes:

- be very aware of where your tailbone is and the top of your head, to the side they are connected, in the center,

- head stays in line with spine, just an extension

-the handstand is more about traveling than getting in the air

- SIDE FOR 2 CONTRACT HEAD AND TAIL EXTEND AND PULL

- FOLLOW ME STRETCH (some yoga, focus on stretching hamstrings and inner thighs, strengthen core and arms)

ACROSS THE FLOOR (20 min)

1) Triplets:

- *objective: travel, coordination with arms*

- regular across the floor, add turn after each coming back, across again adding diagonal arms with turn (possibly wait until 2nd class to introduce)

- ARMS THIS TIME WITH TILT OF HEAD

2) Prances:

- *objective: warm up feet for jumps, travel and fully warm up body*

- regular across the floor, add bigger jumps with fully extended legs when coming back

-regular 8, 4 medium, 4 biggest, arms

3) Grand plié, with soaring, into weight bearing with hands:

*-objective: prepare for weight bearing in combination, work on releasing neck and head, deep grand plié dropping weight and coming out of it*

 - start from the corner, 4 at a time

-start 1st position, tondue out as R arm makes full circle around coming to a grand plié with arms and head down 1-4 come up to ½ turn on releve on R leg with arms down and high arch 5-6

-roll to the ground on hips to a plank facing L side 7-8

-1-8 push from plank to down dog to roll all the way up and repeat all across the floor

- repeat to L

GET WATER

COMBINATION (20-25 min):

Music: Cranes in the Sky by Solange

- start standing 1st position, R hand on L side of neck; move hand around neck and slide down L arm 1-8

- slide to grand plié 2nd on 1, throw L arm to face R side on 2, rise to passé L arm on diagonal 3-6 gaze follows, arm circles around and drop everything down into grand plié upper body down 7-8

- releve coupee turn out of it with high arch on L leg, land in a squat hands on ground 1-3, shoot out to plank on 4

- swim legs through L,R,L 5-8 1-2, down dog on 3, L leg up and over on 5, arms slice across to bring you to the other side 7-8, roll on stomach 1-4

-stand up 5-6, run to R 7-8, pique to attitude arms slice across 1-2

-step out of it, back turn 4-6, step touch 7-8

-hit position on 1, hip pop +2, switch arms 3, switch hips 4, head turn 5, hands flutter 6-8

- brush back of R hamstring w L arm 1-4, other side 5-8, on 8 go into forced arch high arch head back, release leg

-upper body fouettes to face back with arms up 1-2

-3 rond de jambes moving back, arms opposition 3-8, into chaines turns 1-4

-roll to the ground with head release 5-8

-demo first 2 8s

COOL DOWN (5 min)

at last class: hand out feedback slips

intro: hi guys! So ill be teaching you for this Monday Wednesday and next Monday! Hopefully its fun for you and you learn something! If anything hurts everything can be modified. We are going to do some weight bearing into our arms so if you wanna do some of these periodically to warm up your wrists a little bit. Can we actually go around and say everyones names again because I have not yet caught on.

Notes from last class: change tondue combo, move around the room

15 for center

15 for across the floor

25-30 for combo: go over for 10-15, groups 2 times through, three groups jan-april may-august, September-december

- things to look for: deep plié, release head, smoothness on ground,

think about releasing tension