

Belinda A. Sáenz
 Professor Deborah Damast
 Intermediate Modern Technique and Pedagogy
 Midterm Project
 Lesson Plan

Teacher:	Belinda A. Sáenz		Week of:	Oct 9 2012	Class:	Int. Modern Dance Tech. and Ped.
Outcome(s) or	Introduce class to a particular warm-up sequence with a Breathing/Release Focus.					
Objectives:	Continue the previous warm-up process for a more comprehensive preparation for class.					
Assessment:	Immediate observation/ Individual and general feedback					
Essential Vocabulary:	Contract, Release, Relax, Allow, Breath, spiral, focus, stretch, flat back, curve.					
Journal:	Individual notes are encouraged for peer feedback at the end of class.					
	Anticipatory Set (Hook) 1-2 Minutes	Presentation of Lesson 1-2 Minutes	Guided Practice 5-6 Minutes	Independent Practice 5-6 minutes	Closure 1 Minute	
Time Frame: 10-15 Minutes	Brief introduction to my rationale. Highlight importance of initiation movement with inhalation and work flexibility with exhalation. Stress release and allowing movement to happen while focusing on feeling the stretch.	I will be in front of the students to demonstrate combination. Students will be seated around the room facing the mirror.	Demonstrate and break counts for sequence on Right Side.	Students will execute sequence on the left side. I will observe and guide verbally. (Rhythm and sequence cues)	Observations, clarifications and phrases I modified for tonight and/or cut.	