 Week 3 focus

Students explore aspects of Dynamics. They discuss body maintenance and correct method for cool-down.

Integrated learning experiences

Lesson 9

Introduction to body maintenance

* Adequate nutrition
* Adequate hydration
* Rest
* Safe environment

Evidence of learning

4.1.3

* Demonstrate and vary dynamics in the of phrases and sequences.

Lesson 10 & 11

Introduction to aspects of dynamics in dance

* Release of energy
* Weight/force/time
* Qualities of movement
* Correct method for cool down

Evidence of learning

5.1.1

* Reflect on own capabilities and limitations
* Safely execute movement sequences
* Perform non-locomotor and locomotor movements with correct body alignment

Lesson 12

ICT lesson

* students working on updating their Glossary and researching meanings

Evidence of learning

4.3.1, 5.3.1

* Oral and movement responses
* Appropriate use of terminology