

Creativity
at the Core
Module 10

Getting Ready for Performance: Building the Creative Process in Dance Technique 6-12

Developed by San Bernardino County Superintendent of Schools
and P. L. A. C. E. Performance



Getting Ready for Performance: Building the Creative Process in Technique Class

Outcomes	Grade(s)	Audience(s)
Grades 7-12 will understand the importance of building the creative process into the dance technique class.	7-12	Dance educators

Time <i>How many minutes will this portion of the module take?</i> 6 hrs., 30 min	Content <i>What content will the training/presentation address? List the main focus areas/topics.</i>	Presentation Methods <i>How will the content be presented?</i> PPT	Participant Activities <i>What specific activities will the participants engage in to learn the content? Identify the name of the activity and provide a brief description.</i>	Reflection, Assessment, & Evaluation <i>How will the presenter engage participants in debriefing and/or reflecting on their experience/learning?</i>	Support Materials <i>What materials will the presenter and participants need? This includes but is not limited to handouts, supplies, equipment, and multimedia resources.</i>	Arts Standards <i>Identify targeted arts standards addressed in the training.</i>	Common Core & ELD Standards <i>Identify the Common Core (language arts and/or mathematics), Next Generation Science, and ELD standards addressed in this section of the module.</i>	Outcomes <i>Which outcomes does this portion of the training and presentation address?</i>
60 min	Set up and prepare for the days program				Sign in sheets, equipment, participant boxes, name tags, handouts, support materials	Link to California Arts Standards:	ELD Standards: https://www.cde.ca.gov/s	N/A

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						https://www.cde.ca.gov/be/st/st/ss/vapa/contentstds.asp California Dance Standards	p/el/er/documents/eldstndspublication14.pdf Common Core Standards: https://www.cde.ca.gov/re/cc/	
30 min	Registration				Have someone be at the welcome table and run registration, meet and greet the participants			N/A
Section 1		This section will take 30 minutes to complete				California Arts Standards California Dance Standards		
15 min	Welcome, introductions	Introduce all in the room; all voices heard	Use a name game or mingling type of activity					
15 min	Setting the context for the day, Partners, funders, and overview of the day's work and expected outcomes	Introduce who each of the partners represent, CCSESA, CAC funders, introduce presenters, facilitators, etc.	Go over the days agenda; On PPT slide introduce Essential Question: How do we build the creative process into the technique class?	Remind participants that this question will guide our experiences throughout the day	Computer, LCD, PPT slide #2		4C: Critical Thinking	
Section 2		Technique class AM	This section will take 1:45 minutes					
30 min	Warm-up	Warm-up participants' bodies and minds to prepare for movement	1. Non-locomotor and axial movement – call and response 2. Moving the arms, legs, and spine in rotation, flexion and extension 3. Accessing flexibility 4. Increasing range of motion of joints	Explore level, space and time while engaging the body's flexibility and strength in a variety of positions.	Dance floor or large space appropriate for movement	7.DA:Cr1a 8.DA:Cr1a.b Acc.DA:Cr1a Adv.DA:Cr1a.b 7.DA:Cr3a 8.DA:cr3a	ELD Pt1 B.5 Listening actively to spoken English in a range of social and academic context.	

			5. Exploration of level using space and time (16 counts, 8 counts, 4 counts, and 2 counts) 6. Attending to unexplored parts of the body					
30 min	Spatial/Kinesthetic warm-up	Primary purpose is to awaken the senses and prepare the body and mind for learning Presenter Led. Moving into eco-somatic creative process without a distinct transition.	Across the floor movement and traveling using time, space and energy while attending to directional changes. Movement will be teacher choreographed or participant improvised	Participants will practice moving individually and within a group while performing and improvising presenter created movement.		8.DA:Pr4a.b.b Prof.DA:Pr4b.c Acc.DA:Pr4a.b.c California Arts Standards California Dance Standards	Pt1 A.4	
45 min	Eco-somatic Creative Process	Accounts for the whole person, not excluding the environmental context in which the person lives and moves	Participants will be given a movement phrase to replicate (10 minutes) Participants will reflect on how they move. They will listen to their own bodies and assess what their body wishes to express as they replicate the movement. Participants explore phrasing keeping the question in mind (10 minutes)			7.DA:Pr5a 8.DA:Pr5a Prof.DA.Pr5a Acc.DA.Pr5a Adv.DA.Pr5a		
15 min	Break							
Section 3		Deconstructing AM Technique class	This section will take 1:45 minutes					
30 min	Deconstruct AM Technique Class	Dance Conversations and Dialogues based on	Read Article: Developing Listening Bodies in the Dance Technique Class by Rebecca Enghauser	Explore the artistic intention in the technique class			CCR AS for Reading: 1, 8 ELD: Pt1 A. 1,3; C. 9, 11	Or find article that is a similar

		AM Technique Class	(JOPERD 2007) https://cacountyarts.org/wp-content/uploads/Developing-Listening-Bodies-in-the-Dance-Technique-Class-PDF.pdf participants are given one area to read, individually (Spatial Perception Listening Kinesthetic Listening through					intent as this one.
15 min			Breath Eco-somatic Listening Through the Creative Process) Discuss in small group at table and chart.	Prompts to Guide Discussion and Charting: 1. Ideas agreed with in the section, 2. Ideas not agreed with, 3. Ideas which are new to them				
10 min				4. What connections can you make between the article and the morning technique class?		California Arts Standards California Dance Standards		
			Whole Group Conversations	Deconstructing the morning through the lens of the article: Sharing out charts				
10-15 min	Whole group conversation		Chart questions, comments or concerns participants have					
10 min	Quick Write			Prompt: What application does this approach have for the technique classes you teach?	NCR			
45 min	Lunch provided							
Section 4		Technique Class PM	This section will take 1:30 minutes					
20 min	Hip-Hop Technique Class	Warm up participants'	Large motor movement	Explore level, space and time while engaging the				

		bodies and minds to prepare for movement.	Improving range of motion and rotation in the head, neck, shoulders and ribcage. Increasing the flexibility in the lower back, back of the legs (Biceps femoris) and inner thighs (Adductor muscles)	body's flexibility and strength in a variety of positions				
10 min	Introduce demonstrate, and explore "Listening through Breath" exercise		Explore how use of breath increases or decreases range of motion in various stretches and positions, as well as how breath helps with transitioning from movement to movement					
10 min	Rhythmic Exploration							
10-15 min	Walking Exploration							
15-20 min	Listening through the creative process: Choreographic Phrase with emphasis on Kinesthetic Listening and Spatial – Perceptual Listening.	Call and Response with emphasis on Kinesthetic and Spatial-perceptual listening. Teach choreographic phase with emphasis on above.	Participants will explore 8 counts within the choreography. Presenter will guide them through an improvisational/free style process to apply this method. Participants will explore and demonstrate principles of Kinesthetic Listening and Spatial Perceptual Listening within the phrasing using various prompts.			California Arts Standards California Dance Standards		
Section 5		Classroom Translation and Final Reflection	This section will take 1:45 minutes					
30 min	Classroom Application	To engage participants in thinking through the six areas of "listening bodies" to make a translation to a	Guide participants through template with six areas from article. Ask participants to focus on the style of dance they teach the most and using the six areas address the style through each lens.		Template provided for classroom application			

		technique class they teach.						
15 min	Reflection		Prompt: How did the day expand your thinking about use of the creative process in a technique class?					
15 min	Closing		Cool Down: Yoga relaxation					

