

PROGRAM TEACHING PLAN Nancy Salmon

Program Title Dancing our memories/our lives

Discipline dance movement

Program Summary

Moving to music we will explore space (personal and shared), learn proper alignment for safety in movement, develop our movement strengths and identify and modulate challenges, develop trust and community, learn some partnering/weight-sharing skills, share and dance our stories. We'll learn the elements of dance and choreography, move and be moved, laugh and sweat, create together and grow our confidence, skills and open our hearts to dance

WEEK 1

Class Objective getting to know each other and beginning to trust, speak about and understand each other's goals and the trajectory of the class, what to expect, personal responsibilities

Sequential Activities Movement games to discover common threads among us: line-ups, turn-pair-share activities. Physical discipline and improvisation: range of motion explorations, bending/balancing, breathing, walking/greeting, stopping/touching, kinesphere exploration, reach-space
Assessing: talk about what's comfortable/uncomfortable, what is your dance history

Social Engagement Activity/Activities Introductions in voice and movement, turn-pair-share opportunities, walking/greeting improv; creating together an "Arriving" and "Departing" ritual that we'll repeat each time we meet.

WEEK 2

Class Objective continuing to develop trust and body awareness, strengths and challenges; assess memory skills and comfort level

Sequential Activities "Arriving" ritual, remember and speak about last class, talk about improvisation then do walking improv (own space, common isolated space, common shared space), Physical discipline - gentle warm up exploring joints, levels, kinesphere, elements of dance, "remember a time when..." exercise, written spoken, movement – using that movement to explore dance elements

Social Engagement Activity/Activities Share "remember a time" stories
Assessing: speak about something you noticed and appreciate about your participation in class, about another in class

WEEK 3

Class Objective continuing to develop trust, body awareness, more exploration and familiarity w/elements of dance,, see some dance video

Sequential Activities Opening ritual, walking (directional changes), level change improv, speaking while moving added to looking/seeing/greeting/touching improv, change the space element of greeting, make a phrase, Physical discipline: plies, back curves, side stretches, and balance exercises, remembering alignment, articulate joints

Social Engagement Activity/Activities partnering in improv walk, talking during improv walk, Turn/pair/share stories of meeting a beloved., noticing gestures and posture and energy as your partner speaks, reflect that back to them
Closing ritual

WEEK 4

Class Objective where are we, where do we want to go conversation since we're at the halfway point; what to expand upon, what to leave behind

Sequential Activities opening ritual, walking/bending/greeting improv, plies/back curves/stretchers and level changes, , explore element of time/speed, introduce weight sharing; talk about choreographic basics and how choreography is different from improvisation

Social Engagement Activity/Activities turn, pair/share about weight sharing (physical and emotional), tell story about when someone has (or has not) shared a weight you were carrying, make a phrase and combine it with another persons

WEEK 5

Class Objective – more exploration and explanation about choreographic elements and presentation skills; show examples a variety of choreographic styles and work created by others

Sequential Activities Arriving” ritual, warm-up improv, align/balance/flexibility/strength exercises, explore changes in element of energy, connect to weight sharing, develop a personal phrase using choreographic elements of starting shape/movement/finishing shape, combine w/another person

Social Engagement Activity/Activities talk about comfort/discomfort of weight sharing and touching, maybe a movement story about when touch was welcomed, pair to expand each other's movement phrase. "Departing" ritual

WEEK 6

Class Objective planning level of "public" for final presentation, continuing to expand our choreographic work and our giggles and knowledge

Sequential Activities Arriving, physical and imagination warm-up, playing w/scale of elements of dance (time, energy, space), weight sharing, improvise small dances w/different partners, remember and repeat movements that interest you

Social Engagement Activity/Activities conversation our movement journey, about comfort/discomfort and places of pride, another go at when someone else shared a weight you were carrying , discuss presentation sequence and what to include

WEEK 7

Class Objective Notice where we started, what we've done, how we've grown, and continue the dance. Rehearse

Sequential Activities Arriving, walking improv, strength/flexibility/imagination warm up, putting our dance phrases together, practice our presentation, using our voice

Social Engagement Activity/Activities practice the presentation sequence and continue to tweak it, costumes?, who you will invite, assess : what are you proud of for yourself and for the group, what might you change about your participation in a future workshop, what would you like to see changed to improve on this workshop

WEEK 8

Description of Culminating Event We will present something of our process – walking/meeting improv exercises, space improv w/pathways and traveling across the floor, specific dance/theater games we've grown to love, and solo, duet and/or large group dance we've developed. Lovely snacks will be shared. Perhaps someone will play the cello or the electric bass.

REFERENCES

Please list two references who can speak about your experience as a teaching artist:

Name Gail Roller

Organization G/T coordinator (retired), Biddeford High School

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Name Elizabeth Guffey

Organization Freeport Players

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