

LESSON 15: DRESS REHEARSAL

Grade-Level Outcomes

Primary Outcomes

Self-expression & enjoyment: Selects and participates in physical activities or dance that meets the need for self-expression and enjoyment. (S5.H3.L1)

Dance & rhythms: Demonstrates competency in a form of dance by choreographing a dance or by giving a performance. (S1.H2.L2)

Engages in physical activity: Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)

Movement concepts, principles & knowledge: Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected activity. (S2.H2.L1)

Embedded Outcomes

Working with others: Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)

Physical activity knowledge: Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle. (S3.H2.L2)

Stress management: Applies stress management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)

Lesson Objectives

The learner will:

- rehearse his or her choreography.
- dance his or her choreography for his or her peers.
- support peers during their performances.
- evaluate the performance of another duet.

Equipment and Materials

- Large open dance space
- Music for each group
- Video recording devices
- Copies of peer critique

Introduction

Great job on your quizzes last class. [Review any portions where students did not do well.] Today is our dress rehearsal—I hope everyone remembered their costumes and props! You have 10 minutes to practice your choreography piece with your partner. Then each duet will perform for the rest of class in the same order we will use for the final performance. When you are not dancing, you and your partner will rotate through the roles of audience, tech team, and critics. Time to practice!

Instructional Task: Choreography Project

■ PRACTICE TASK

Duets practice their choreography with music, costumes, and props.

Refinement

Encourage dancers to be expressive in their movements.

Student Choices/Differentiation

Duets practice at their own pace.

What to Look For

- Sequences look polished.
- Duets are working together as a team.

Instructional Task: Dress Rehearsal

■ PRACTICE TASK

The first duet performs, with the second duet “in the wings.” Two duets act as the tech team by video recording and taking charge of the music. Two other duets evaluate the performance using the peer critique form (Lesson 13). You will evaluate the performances from the video outside of class. The rest of the duets act as a supportive audience. Rotate roles.

EMBEDDED OUTCOME: S4.H3.L2. During the performance, the other students take on leader roles. Provide feedback about students performing these roles confidently and efficiently.

Refinements

- Remind critics to focus on the critique questions to provide feedback.
- Reinforce the importance of the audience being attentive during the performance and supporting the performers with applause at the end.

Student Choices/Differentiation

- Students choose their partners.
- Students choose the movements they do to create choreography.

What to Look For

- Audience is providing a positive environment for the dress rehearsal.
 - Students are managing their roles well.
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Formal and Informal Assessments

- Peer assessments
- Formal assessment by teacher of duet performances

Closure

- How did you feel about your performance in the dress rehearsal?
- What gives you the most anxiety about the Choreography Celebration?
- What stress-management techniques can you use before performing to help with this stress? (Embedded outcome: S3.H14.L2)
- Do you have any questions before the final performance or before submitting your portfolio?
- How can the digital portfolio or other technology help you support a healthy lifestyle?
- I have sent out the invitations around the school for the celebration, but you need to remind your family!

Reflection

- Are students excited about the event? Confident?
- Did their performances demonstrate a wide range of choreographic tools?
- View videos and assess performance of duets.

Homework

Your portfolio is due before the next class. Add the video clip from today's dress rehearsal, and make any last changes you might have. Send me your link before the celebration so I can set up some screens to display them for the audience. (Embedded outcome: S3.H2.L2)

Resources

Gilbert, A.G. & SHAPE America – Society of Health and Physical Educators. (2015). *Creative dance for all ages*. 2nd ed. Champaign, IL: Human Kinetics.

Reeve, J. (2011). *Dance improvisations: Warm-ups, games and choreographic tasks*. Champaign, IL: Human Kinetics.

Internet keyword search: "dance recitals," "dance performances," "dance events"