

Dance Training Curriculum

Daily Lesson Summaries

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Lisa Sandlos has been a faculty member of York University's Department of Dance since 1998. Sandlos holds an MA in Dance and certificates in Laban Movement Analysis from LIMS and UQAM. She has taught dance and creative movement to all ages/levels for over two decades, working through organizations such as the *Creating Dances* program at the National Ballet of Canada and *The Drama-Dance Program* through the Toronto District School Board. A PhD Candidate in Gender, Feminist, and Women's Studies at York, her research focuses on hypersexualization of girl dancers and the impacts on dance education, public perceptions of dance, and girls' development.

Week 1

Monday - BODY

Lesson 1: Initiating – body part initiations - Non-locomotor

Lesson 2: Initiating in Locomotor Movement

Tuesday - SPACE

Lesson 1: Personal Space exploration (kinespheres)

Lesson 2: General/Shared Space exploration

Wednesday - ENERGY (EFFORT)

Lesson 1: Movement qualities (the effort factors): time, weight,

Lesson 2: Movement qualities (the effort factors): space and flow

Thursday – SHAPE

Lesson 1: Tableaux – small group, wall and 3-D, full class, still and moving

Lesson 2: Shaping the “negative” space – partners, small groups, and full class activities

Friday - CULMINATING ACTIVITIES

Lesson 1: Review, The Magic Hand

Lesson 2: Group creations, sharing and discussion

Week 2

Monday - BODY

Lesson 1: Sequencing – body part sequencing/ordering

Lesson 2: Gestures

Tuesday - SPACE

Lesson 1: Body levels

Lesson 2: Body sizes

Wednesday - ENERGY (EFFORT)

Lesson 1: The Efforts: float, punch, glide slash

Lesson 2: The Efforts: dab, wring, flick, press

Thursday – SHAPE

Lesson 1: Contact with balls and partners

Lesson 2: Mirroring

Friday - CULMINATING ACTIVITIES

Lesson 1: Verb Chains: 1) Action (Verb) 2) Body Part and 3) Level.

Lesson 2: Group creations, sharing and discussion

Week 3

Monday - BODY

Lesson 1: Body Shapes

Lesson 2: Body awareness & relationships

Tuesday - SPACE

Lesson 1: Directions

Lesson 2: Pathways & travelling

Wednesday - ENERGY (EFFORT)

Lesson 1: Feelings and Emotions using “indulging” Efforts (float, glide, dab, flick)

Lesson 2: Feelings and Emotions using “fighting” or “condensing” Efforts (punch, slash, wring, press)

Thursday – SHAPE

Lesson 1: Sloughing and rolling

Lesson 2: Flocking (leaders and followers)

Friday - CULMINATING ACTIVITIES

Lesson 1: Review, Improvisation on Leaders and Followers

Lesson 2: Group creations, sharing and discussion