

DESTINY ARTS CENTER

DESTINY ARTS YOUTH PERFORMANCE COMPANY

4 LESSON PLANS

EVERY REHEARSAL SESSION ALWAYS INCLUDES:

- Meditation & check in
- Group-building exercises that work with students on collaborative skills, trust building and movement in a fun, supportive environment
- Rigorous dance warm ups that build on dance technique, dance vocabulary, flexibility, strength and performance quality
- Dance Combination Practice (in depth)
- Giving “Props” and Closing Circle

REHEARSALS MAY ALSO INCLUDE:

- Theater Practice that builds vocal projection, annunciation, theatrical quality and improvisational skill
- Dance/Theater Creation that involves group collaboration to create dance/theater material

NOTE: Each dance exercise is linked to a standard from the [Visual and Performing Arts Content Standards for California Schools](#) in the Dance Grades 9-12 Advanced section.

All of the group building exercises listed are written in detail in the Youth on the Move guidebook.

Sessions	Outcomes	Class Flow	Dance Skills Taught	CA Performing Arts Standard Addressed (summarized)
Sessions 1-14	<p>Students understand what is expected of them for the year and feel invested in fulfilling their commitment.</p> <p>The group members feel positively connected to each other and work well together</p> <p>Students are inspired and committed to working hard in rehearsals and encourage another to do their best.</p> <p>Students are developing strength, flexibility, coordination and control in their dance techniques in both hip hop and modern dance styles.</p>	<p>Guided Meditation</p> <p>Group Building Exercises:</p> <ul style="list-style-type: none"> ▪ Establishing and reinforcing group norms ▪ Repeat name and movement ▪ Touch/don't get touched ▪ Express yourself ▪ Trust falls ▪ Choosing sides ▪ Movement telephone ▪ Movement conversations ▪ Etc. <p>Dance Warm Ups</p> <p>Dance Combination (hip hop and modern)</p> <p>Giving "props"</p> <p>Closing</p>	<p>Teach and drill set warm up stretches, strength and balance exercises,</p>	<p>1.1 coordination & control</p> <p>1.2 perform multiple dance genres</p>
Sessions 11-20		<p>Guided Meditation</p> <p>Group Building Exercises</p> <ul style="list-style-type: none"> ▪ Group <p>Dance Warm Ups</p> <p>Dance Combination (hip hop and modern)</p> <p>Giving "props"</p> <p>Closing</p>	<p>Prepare for first 15 minute public performance</p>	<p>1.1 coordination & control</p> <p>1.2 perform multiple dance genres</p> <p>1.3 memorize & perform complex dances</p> <p>1.4 clarity of intent & style</p>

Sessions 22-30	<p>Students are completely committed and engaged in the process of creating both written and movement material for the show.</p> <p>There is a great deal of written and movement material generated by the students, guest artists and directors.</p> <p>Students have come up with a theme or themes for the show about which they are excited.</p>			<p>1.1 coordination & control</p> <p>1.2 perform multiple dance genres</p> <p>1.3 memorize & perform complex dances</p> <p>1.4 clarity of intent & style</p>
Sessions 31-40	<p>Youth and adult choreographers are making sure that their work makes sense in the larger context of the show.</p> <p>Students in the script-writing group are inspired to refine the written material they already have into a cohesive script, using the chosen theatrical mechanism combined with the real-life stories.</p> <p>The students like the way the script is shaping up, and are happy to balance their focus between preparing to perform and continuing to help craft the script and choreography.</p> <p>Finally, the students surrender the collaborative process and allow the company directors to direct all aspects of the show in the theater.</p> <p>The students perform at a high level of professionalism they perform their full-length original performance successfully.</p>			<p>1.1 coordination & control</p> <p>1.2 perform multiple dance genres</p> <p>1.3 memorize & perform complex dances</p> <p>1.4 clarity of intent & style</p> <p>1.5 dance vocabulary describes movement</p>