

## **Project #1 – Stretching Routine**

### **Creekside Middle School Dance – Ms. Wade**

Learning how to properly stretch your body is an important aspect of dance. You will demonstrate all that you have learned about your muscle groups, functions of muscle groups, and proper alignment by creating your own “head to toe” stretching routine. The following criteria will be used to grade your routine:

10 minutes in length (this is approximate, but try to stay under 11 minutes)

School Appropriate Music Selections (no profanity!! Only positive or healthy themes for songs!!)

Stretches each of the following body parts (muscle groups which you will name as you lead your routine)

- neck
- shoulders
- arms
- wrists
- upper core (rib area / back)
- core (tummy area / back)
- hips
- legs
- ankles
- feet

Breathing techniques for each movement (when to inhale and exhale for the best stretch)

Creativity for each body part (how did you choose to stretch these muscles)

Proper length of time per muscle group for safe dancing

Confidence in leading stretches (loud, direct, rehearsed / practiced, leading, willingness to correct dancers that are doing the stretches incorrectly)

Timeliness (music and project worksheet turned in on due date, ready to perform when dancer number is called at random)

Have fun with this. The more you practice saying the muscle groups out loud, the more knowledgeable you will be and the more confident you will be when leading your class with your stretch routine. I can't wait to get a great stretch with each routine, and hear your favorite music genres ☺

Good luck!!!

~ Ms. Wade

**Project #1 – Stretching Routine Rubric**

**Creekside Middle School Dance – Ms. Wade**

<b>Criteria</b>	<b>Points Earned</b>	<b>Points Possible</b>	<b>Notes</b>
Under 11 minutes		2	
Appropriate Music		5	
Neck			
- muscles named		4	
- well stretched (movement and time spent)		4	
Shoulders			
- muscles named		4	
- well stretched		4	
Arms			
- muscles named		4	
- well stretched		4	
Wrists			
- muscles named		4	
- well stretched		4	
Upper Core / Back			
- muscles named		4	
- well stretched		4	
Lower Core / Back			
- muscles named		4	
- well stretched		4	
Hips			
- muscles named		4	
- well stretched		4	
Legs			
- muscles named		4	
- well stretched		4	
Ankles			
- muscles named		4	
- well stretched		4	
Feet			
- muscles named		4	
- well stretched		4	
Breathing Mentioned		2	
Confidence		5	
Timeliness			
- Music		2	
- Worksheet		2	
- Performance		2	

**TOTAL POINTS**

**100**

## Project #1 – Stretching Routine Worksheet

### Creekside Middle School Dance – Ms. Wade

- 1.) Design your stretch routine beginning with your music selections. 10 minutes means 2 to 3 regular length songs. If your songs put you over 11 minutes, choose different songs ☺
- 2.) Does your music have NO profanity at all? No bad words, no underlying themes that are negative or school inappropriate in any way? Do your songs have a fun, healthy, or positive theme? Love songs can be romantic, but not ‘risky’ in any way. Make sure these are songs you personally purchased (we will learn about copyright laws soon. It is illegal download shared mp3 files.)
- 3.) Which muscles make up the following body parts?
  - a. neck \_\_\_\_\_  
\_\_\_\_\_
  - b. shoulders \_\_\_\_\_  
\_\_\_\_\_
  - c. arms \_\_\_\_\_  
\_\_\_\_\_
  - d. wrists \_\_\_\_\_  
\_\_\_\_\_
  - e. upper core (rib area / back) \_\_\_\_\_  
\_\_\_\_\_
  - f. core (tummy area / back) \_\_\_\_\_  
\_\_\_\_\_
  - g. hips \_\_\_\_\_  
\_\_\_\_\_
  - h. legs \_\_\_\_\_  
\_\_\_\_\_
  - i. ankles \_\_\_\_\_  
\_\_\_\_\_
  - j. feet \_\_\_\_\_  
\_\_\_\_\_
- 4.) What breathing techniques will you use for each movement (when to inhale and exhale for the best stretch) – just keep this in mind while practicing – no need to write this down
- 5.) Describe the type of movement you will perform to stretch each body part (creativity)
  - a. neck \_\_\_\_\_
  - b. shoulders \_\_\_\_\_
  - c. arms \_\_\_\_\_
  - d. wrists \_\_\_\_\_
  - e. upper core (rib area / back) \_\_\_\_\_
  - f. core (tummy area / back) \_\_\_\_\_
  - g. hips \_\_\_\_\_
  - h. legs \_\_\_\_\_
  - i. ankles \_\_\_\_\_
  - j. feet \_\_\_\_\_

6.) Proper length of time per muscle group for safe dancing (10 minutes total)

- a. neck \_\_\_\_\_
- b. shoulders \_\_\_\_\_
- c. arms \_\_\_\_\_
- d. wrists \_\_\_\_\_
- e. upper core (rib area / back) \_\_\_\_\_
- f. core (tummy area / back) \_\_\_\_\_
- g. hips \_\_\_\_\_
- h. legs \_\_\_\_\_
- i. ankles \_\_\_\_\_
- j. feet \_\_\_\_\_

7.) Practiced for the following audience, while paying attention to being loud, direct, willing to correct people that are doing the stretches incorrectly)

- a. Printed Name \_\_\_\_\_
  - i. Signature \_\_\_\_\_
- b. Printed Name \_\_\_\_\_
  - i. Signature \_\_\_\_\_
- c. Printed Name \_\_\_\_\_
  - i. Signature \_\_\_\_\_

Music Due Date:

Worksheet Due Date:

CONGRATULATIONS! You are ready to perform your stretch routine. If you have confidence in yourself, we, your audience, will have confidence in you 😊 ~ Ms. Wade