



Lesson: Learn to Acro Dance

Artform: Movement

Skill Level: Low

Teaching Artist: Andrea Piazza

LEARNING OBJECTIVES

- Introduce Students to Acro Dance
- Increase movement and mobility in joints
- Warm-up entire body to prepare for full body movement
- Mirror movements of performer in video
- Listen and respond to musical and movement cues

BACKGROUND INFORMATION AND RESOURCES

Acro dance combines classical dance techniques with fluid and lyrical acrobatic movements. The dance movements in Acro originate in ballet, jazz, modern and lyrical dance styles. Smooth, graceful transitions between a dancer's movement are the defining traits of Acro dance choreography. Unlike the faster and stronger routines of gymnastics, Acro dance is meant to enhance the art form of dance and provide the dancers with even greater means of self-expression. For More Information: <https://www.progressivedancestudio.com/all-about-acro-dance/>

MATERIALS

1. Space to move and dance
2. A device to watch videos with parental guidance.
3. Have a parent be there to monitor and help with your acrobatic moves.

RESOURCE VIDEO

This is what Acro Dancing is, do you know the song?

<https://www.youtube.com/watch?v=YitsCA6oNRM>

ACTIVITIES

1. Watch and follow along with this Contemporary Class for Warm Up and Stretch
<https://www.youtube.com/watch?v=2YOeZCkxpA4>

Basic Acro Moves to try with parental guidance:

1. Forward Roll: <https://www.youtube.com/watch?v=TSsCIEs17D8>
 2. Handstand: <https://www.youtube.com/watch?v=75l2rjzBPLw>
2. Cool Down by having some water and then following along with this relaxing yoga cool down video <https://www.youtube.com/watch?v=tXWh-dowIlg>

ACCOMMODATIONS FOR INCLUDING ALL CHILDREN

Turn on Closed Captions of video for anyone with hearing impairment.

Participate in the movement in a chair or wheelchair for individuals who need mobility devices.

Participate in the movement with headphones on, in dim lighting, or with weighted/chilled.

vests on for any dancer who is sensitive to sensory sensitive.

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