

Episode 19: Fairest and Best

Clip: Dance and Sport

Activity: Agility, Flexibility and Balance

Theme: Health and Wellbeing

1. As a class, view the clip, *Dance and Sport*. Also view *Dance Academy*, episode 19, *Fairest and Best*. In the episode, a footy team spends a week at the National Academy of Dance. The team has come to learn some skills through dance: agility, flexibility and balance.
2. Have the students use the **Student Activity Sheet E19.1: Agility, Flexibility and Balance** to notate the dictionary definitions for the listed terms.
3. As a class, play a game of Marco Polo to test the students' agility.
 - a. Object of the Game: Not to get caught by "Marco" (the person who is "it").
 - b. Rules: One person is chosen to be "it" and is blindfolded. He/she is spun on the spot for 10 counts. All other students scatter around the room. They must not move their feet from the place. (No hiding under or behind objects.) "It" shouts "Marco" and all the others in the room shout "Polo". The one that shouts "Marco" has to try and catch one of the people who shouts "Polo". It can be shouted as much as possible. Once he/she catches a person, then that person is now "it" and so on. The game tests agility when "it" comes close to a person and that person has to twist and quickly move everything but his/her feet to avoid being tagged.
4. Also test the students' balance and flexibility by viewing Ausdance Video Segment 9 -*Safe Stretching Yoga Poses* (see Useful resources section of this worksheet) and trying some of the yoga positions as a class. See if the students can hold the poses for 10 seconds before moving to the next pose or doing the same pose with the opposite arm/leg.
5. Have students use the self-assessment tool in **Student Activity Sheet E19.1: Agility, Flexibility and Balance** to determine their own level of success.

Download

- Student Activity Sheet E19.1: Agility, Flexibility and Balance Self-Assessment

Activity: Agility, Flexibility and Balance

Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- Ausdance Video Segment 9 - Safe Stretching Yoga Poses
- [Ausdance Factsheet 7: Safe dance floors](#)
- [Ausdance Factsheet 13: Safe spaces for dance](#)
- Berardi, G, *Finding Balance: Fitness, Training and Health for a Lifetime in Dance*, 2nd ed, Princeton Book Company, Pennington, New Jersey, USA 2005.
- Franklin, E, *Conditioning for Dance: Training for peak performance in all dance forms*, Human Kinetics 2004.

NAME:

Student Activity Sheet:
Activity :

E19.1
Agility,
Flexibility and
Balance

Episode 19:
Clip:

Fairest and Best
Dance and Sport

Agility, Flexibility and Balance Self-Assessment

Write the dictionary definitions for the words below:

Agility:

Flexibility:

Balance:

Self Assessment...

Rate Your Agility

Give an example of what you're good at and bad at in reference to agility:

Rate yourself out of 5 by colouring in the appropriate amount of stars



Rate Your Flexibility

Give an example of what you're good at and bad at in reference to flexibility:

Rate yourself out of 5 by colouring in the appropriate amount of stars



Balance

Give an example of what you're good at and bad at in reference to balance:

Rate yourself out of 5 by colouring in the appropriate amount of stars

