



Clip: Feet

Episode 2: Week Zero

Activity: Avoiding Injury

Theme: Dance Skills, Health and Wellbeing

Elements of dance: **body**

1. Tara has been advised not to do pointe work because she is not technically strong enough. Although she has been dancing on pointe for years, Ms Raine believes that she will hurt herself if she continues to wear pointe shoes without the proper muscle development. As a class, view the clip, *Feet*, and discuss with students what damage Tara might sustain if she continued to perform on pointe, against the advice of her teachers. This may include, injury due to poor alignment of the feet and knees, causing tracking problems across the knee joint, sprained and twisted ankles, development of bony growths in the ankle joint, hip damage, etc.
2. Discuss the injuries that students in your class may have sustained while dancing. Have the class respond to the questions below. Also, discuss the interconnectedness of all body parts; what affects one part of the body may often affect other parts as well. Rarely is an injury isolated to one area of the body.
 - a. What caused the injury?
 - b. What did it feel like?
 - c. How did you treat it?
 - d. How long did it take to heal?
 - e. Does it currently affect you?
3. Divide the students into pairs or small groups. Using the **Student Activity Sheet E2.5 Common Dance Injury Report** ask students to develop an injury report on a common dance injury.
4. Depending on year level, students can present their report to the class as a poster, a power point, or an oral report with diagrams.

Download

- Student Activity Sheet E2.5: Common Dance Injury Report

Useful resources

- [Ausdance, Factsheet 16, Caring for the dancer's body](#)
- [Ausdance, Factsheet 13, Safe spaces for dance](#)
- [Ausdance, Factsheet 7. Safe dance floors](#)
- [Ausdance, Factsheet 14, First aid for dancers](#)
- [Ausdance, Factsheet 12, Healthy bones for a female dancer](#)
- [Safe Dance Report 1, 2 & 3 available on Ausdance website](#)
- Greene Haas, J., *Dance Anatomy*, Human Kinetics, IL, 2010
- [The Australian Ballet/Education/About ballet/The pointe shoe](#)
- [The Australian Ballet: Safety Dance](#)
- [Better health Channel: Dancing - preventing injury](#)
- [NSW HSC online: Preventing Dance Injuries](#)
- [The Australian Ballet: Healthy lifestyle video](#)



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Common Dance Injury Report

