

Episode 22: Flight or Fight Response

Clip: Jumps

Activity: Jump Safety

Theme: Dance Skills

Elements of dance: body, dynamics

1. As a class, view *Dance Academy* episode 22, *Flight or Fight Response*, where Tara tells Ethan she believes that dancing is the closest thing to flying that she can find on this earth. It's important to consider safety aspects when jumping. Have students consider the definition of a 'jump' - to momentarily defy gravity, to have both feet in the air at once and then land. Ask them what muscular actions must take place in order to jump? Consider:
 - a. The muscles needed in the arch and instep, the calf, thighs, gluteus (bottom), the core muscles of the trunk. What sort of coordination is required to shoot a ball through a basketball hoop? Work through the body from feet to hands.
 - b. The use of breath and focus – the concentration needed to have the brain coordinate the action.
 - c. The body alignment – particularly the placement of the knee (which should remain in alignment with the centre toe of each foot) and where weight falls as students land (ankles should not roll in or out). The spine is curved to absorb the impact of jumps. The curves should not be flattened nor exaggerated as this distorts the placement of the hips and legs.
2. In a dance class, jumps are left to the end of the class. The size and rate of difficulty dictates the order in which jumps are performed. Small jumps are performed first, followed by medium, travelling jumps (forward, back and/or side) and finally large travelling jumps or leaps. Jumping exercises are not repeated too often as they are strenuous and exhaustion can lead to injury.
3. Referring to their previous activity sheet (**Student Activity Sheet E22.4: Jump Thrill**), have students order their jumps, using **Student Activity Sheet E22.5: Jump Order**, into small, medium and large, making safety notes of how the jumps are performed skillfully and safely in the third column.

Download

- Student Activity Sheet E22.5: Jump Order

Useful resources

- Green Haas, J., *Dance Anatomy*, Human Kinetics, IL, 2010.



NAME:

Student Activity Sheet:
Activity:

E22.5
Jump
Order

Episode 22 :
Clip:

Flight or Fight Response
Jumps

Jump Order

Using the jumps you created in **Activity 22.4: Jump Thrill**, order the jumps you created, from 1 – smallest, to 9 - biggest in the table below. Use the names you created for the jumps when you list them in the table.

	Name of Jump	Safety notes - how to perform this jump safely
Smallest 1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
Largest 9.		