

Building my own Conditioning Sequence

Name: _____

Due Date: _____

1. Use your *Body Map* and *Personal Remedial Training Chart* to develop a conditioning sequence that addresses physical goals or areas of need within your own body. Use techniques and training methods learned in this course. You may also include exercises learned from other activities or courses you have participated in.
2. Use your Conditioning Sequence as a warm-up each day in this Unit.
3. After each practice, reflect on your sequence in the log provided. Note limitations and improvements within your body. If changes are necessary within the sequence, explain why.
4. At the end of the unit, submit your Body Map, Personal Remedial Training Chart, and this package for assessment.

	Level 1	Level 2	Level 3	Level 4
Knowledge/ Understanding Body Map	-Little effort has been made to label and colour Body Map. -Student demonstrates emerging body awareness and knowledge of terminology	-Body Map is coloured and labeled -Student demonstrates developing body awareness and knowledge of terminology	-Obvious effort has been made to neatly and accurately colour and label Body Map -Student demonstrates considerable body awareness and knowledge of terminology	-Body Map is neatly and accurately coloured and labeled -Student demonstrate excellent body awareness and knowledge of terminology
Thinking/ Inquiry Personal Remedial Training Chart	-Student is beginning to use the language of anatomy to describe the causes and remedial strategies for conditions within the body	-Student attempts with some success to use the language of anatomy to describe the causes and remedial strategies for conditions within the body	-Student correctly uses the language of anatomy to describe the causes and remedial strategies for conditions within the body	-Student aptly uses the language of anatomy to describe the causes and remedial strategies for conditions within the body
Communication Conditioning Sequence Log	-Reflections are limited and convey simple ideas about the dancer's evolving sequence and physical condition	-Reflections are developing and convey specific ideas about the dancer's evolving sequence and physical condition	-Reflections are meaningful and convey detailed ideas about the dancer's evolving sequence and physical condition	-Reflections are insightful and convey complex ideas about the dancer's evolving sequence and physical condition
Application Practical Application of Conditioning Sequence	-Student sometimes arrives prepared and with consistent prompting demonstrates effort in his/her personal practice	-Student arrives prepared and with some prompting demonstrates effort in his/her personal practice	-Student arrives prepared and demonstrates effort in his/her personal practice	-Student arrives prepared and demonstrates unwavering concentration in his/her personal practice

Daily Log for Personal Conditioning Sequence

Name: _____

Date: _____

_____Date: _____

_____Date: _____

_____Date: _____

_____Date: _____

_____Date: _____

_____Date: _____

