

SHAKE UP YOUR WARM UP

With Andrea Trench



DanceLife Teacher Conference

WHAT'S IN YOUR EARLY CHILDHOOD WARM UP?



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WHAT'S IN YOUR BEGINNER WARM UP?



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WHAT'S IN YOUR ADVANCED WARM UP?



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WARM UP

OBJECTIVES

Increase Heart Rate

Introduce Codified Skills

Emphasize Class Objective

Teach Performance Choreography

Build Community and Ritual

Connect Brain and Body for Optimal Learning



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ANNE GREEN GILBERT'S
BRAINDANCE

8-Pattern Warm Up Framework

Any Age, Stage of Development,
Style of Dance

Intertwines Warm Up Objectives,
Technical Training, Brain Boosters

Variations are ENDLESS!



The BrainDance

1. **Breath**- increase the flow of oxygen and bring awareness to breath
2. **Tactile**- develop sensory integration and proprioception
3. **Core/Distal**- explore full body extension, develop core strength
4. **Head/Tail**- develop spine flexibility and mobility
5. **Upper/Lower**- develop upper/lower body coordination
6. **Body Sides**- develop side dominance and horizontal eye tracking
7. **Cross Lateral**- develop coordination from opposite quadrants
8. **Vestibular**- improve balance



PRESCHOOL WARM UP

1. Breath
2. Tactile
3. Core/Distal
4. Head/Tail
5. Upper/Lower
6. Body Sides
7. Cross Lateral
8. Vestibular



BEGINNER WARM UP

1. Breath
2. Tactile
3. Core/Distal
4. Head/Tail
5. Upper/Lower
6. Body Sides
7. Cross Lateral
8. Vestibular



ADVANCED WARM UP

1. Breath
2. Tactile
3. Core/Distal
4. Head/Tail
5. Upper/Lower
6. Body Sides
7. Cross Lateral
8. Vestibular



BrainDance

Use this worksheet to create your own BrainDance.

Codified Skills:

BrainDance Patterns:

Movement:

1. Breath

2. Tactile

3. Core/Distal

4. Head/Tail

5. Upper/Lower

6. Body Sides

7. Cross Lateral

8. Vestibular



LET'S WARM UP!

**PRESCHOOL
BALLET**

**KINDER
TAP**

**EARLY
ELEMENTARY
HIP HOP**



THANK YOU

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