

Strategy Scenario

Strategy: Imagery **Content:** Ballet

Title: Finding Your Center

Time Required: 10 minutes **Number of Participants:** 10

Target Audience: Intermediate ballet students

Goal of Activity: To complete a center combination

Purpose of Script: To use imagery as a means of learning a motor skill

Learning Outcome(s), Gagne: Motor skill

Learning Outcome(s), HEO: Motor skill

Learner Characteristics: Intermediate ballet students of average ability

Entry Skills: Ability to follow oral directions, , knowledge of ballet terms,

Setting: Ballet studio

Media: none

Process: The ballet instructor will lead the class in a center combination. After the students have practiced the combination and can complete it without assistance, the instructor will lead them in an imagery exercise. The students are told to close their eyes and imagine a string is attached to the top of the center of their head and connected to their spine. This string is being pulled tight so that their back is straight and they are being held up without support. They are also told to imagine holding a beach ball with their arms to keep their arms at the right level and to give them more balance.

Strategy Assessment: After completing the ballet combination, the dance instructor asks the students what methods they used to help them balance.

The instructor assesses whether they used the imagery strategy in balancing.

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References:

- **West, C.K., Farmer, J.A., & Wolff, P.M. (1991) Instructional Design: Implications from cognitive science. Englewood Cliffs, NJ: Prentice Hall**