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ALEXANDER TECHNIQUE

By RUTHIE TUTTEROW

The purpose of this unit is to acquaint students with the Alexander Technique. In doing so, and in practicing many of its principles, students will make discoveries about some of their habitual patterns of movement.

Students will be able to demonstrate and explain how to use Alexander Technique principles in an activity of their choice.

1 - The Power of Relaxation

Students will engage in a guided relaxation. Through this exercise, students will gain insight into some relaxation techniques and what intentional relaxation may enable them to do more easily.

2 - What is the Alexander Technique?

Students will learn about the Alexander Technique and its six principles. Students will begin to explore how to make personal adjustments in their movements using the Alexander Technique.

3 - Practical Uses of the Alexander Technique

Students will go over some practical uses of the Alexander Technique. They will be asked to demonstrate an everyday activity to show their understanding of how to incorporate Alexander principles into their movements.

Standards Connections

Common Core

Speaking and Listening

CCSS.ELA-LITERACY.CCRA.SL.1 - Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

Language

CCSS.ELA-LITERACY.CCRA.L.1 - Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

CCSS.ELA-LITERACY.CCRA.L.2 - Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

Language

CCSS.ELA-LITERACY.L.9-10.1 - Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

CCSS.ELA-LITERACY.L.9-10.2 - Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

Florida Sunshine State Standards

Historical & Global Connections

TH.912.H.3.4 - Create a routine of wellness and care for the actor's physical being as a performance instrument.

North Carolina Essential Standards

Proficient High School Standards - Communication

P.C.1.1 - Use non-verbal expression and physical self-awareness to communicate movement elements and characterization, including size, weight, and rate of movement.

Texas Essential Knowledge and Skills for Theatre Arts

MS 117.211 LI - Creative Expression: performance

C.2.A - demonstrate safe use of the voice and body.

MS 117.212 LII - Creative Expression: performance

B.2.A - demonstrate safe use of the voice and body.

MS 117.213 LIII - Creative Expression: performance

B.2.A - demonstrate safe use of the voice and body.

HS 117.315 LI - Creative Expression: performance

C.2.A - demonstrate safe use of the voice and body.

HS 117.316 LII - Creative Expression: performance

C.2.A - model safe, appropriate techniques to allow for physical, vocal, and emotional expression.

HS 117.317 LIII - Foundations: Inquiry and Understanding

C.1.A - apply theatre preparation and warm-up techniques effectively.

C.1.B - experiment with stage movement.

HS 117.318 LIV - Creative Expression: performance

C.2.A - model safe, appropriate techniques to allow for physical, vocal, and emotional expression.

Alberta, Canada

Speech Drama 10

- 10 - demonstrate safe and appropriate projection
- 3 - recognize the effect of good posture on voice

Movement Drama 10

- 2 - demonstrate understanding of basic anatomy
- 3 - recognize the necessity for physical warmups
- 5 - demonstrate effective breathing techniques
- 7 - display proper body alignment

Junior Orientation

- focus concentration on one task at a time
- listen effectively
- move in a variety of ways
- share ideas confidently with others

Movement Level I - Beginning

- 1 - demonstrate understanding of and apply appropriate safety procedures
- 3 - use physical relaxation techniques effectively
- 4 - recognize the need for and demonstrate warmup activities
- 5 - move individual body parts
- 6 - use proper posture
- 7 - demonstrate awareness of his or her own body and its movement potential
- 8 - display increased freedom of movement

Junior Goal I Objectives

- develop self-confidence
- develop self-discipline

Senior Goal I Objectives

- increase self-discipline

Orientation Drama 10

- concentrate on the task at hand
- demonstrate self-discipline, self-direction and a sense of responsibility
- listen to self and others
- share ideas confidently
- work cooperatively and productively

British Columbia (2018)

GRADE 9 - DRAMA - Connecting and expanding

Demonstrate respect for themselves, others, and the audience

GRADE 10 - DRAMA - Connect and expand

Demonstrate respect for self, others, and the audience

GRADE 11 - DRAMA - Connect and expand

Demonstrate awareness of self, others, and audience

GRADE 12 - DRAMA - Connect and expand

Demonstrate respect for self, others, and audience

Ontario, Canada

Grades 9 & 10 - Creating and Presenting - Presentation Techniques & Technologies

A.3.2 - use a variety of voice and movement techniques to support the creation of character or atmosphere during rehearsal (e.g., use voice and movement to suggest an airport, circus, or factory environment)

Virginia Standards Of Learning (2020)

Theatre Arts III: Intermediate Acting & Playwriting

TIII.13 - The student will demonstrate techniques for actor preparation.