

Warning! This lesson may be unsuitable for some students!

My friend's sister is a pole dancer!

My friend's sister is a pole dancer. Really! I must admit I was a tad surprised when he told me. He even sent me a link of her on YouTube (See below). It's not what you think! I met her once years ago. She's not the sort of girl you'd expect to do pole dancing. Ange70x took it up as a hobby about two years ago. By day she works in an office. By night she's usually found at home practising her new found love of pole dancing, going to lessons once a week. Apparently it's great exercise not to mention a fantastic laugh. At 39 she's no Spring chicken. I played some of my adult female students her video clip. They were fascinated by her ability to do all the different dance positions admitting they couldn't do half of them. You see – it's not so easy. It got me thinking. Let's create an English lesson about it...

Pole dancing is not all about strip clubs and lap dancing clubs. One dancer writes on her YouTube page that she is an average everyday girl who enjoys pole dancing. She says, "Pole dancing...it used to be just for strippers and exotic dancers until someone said why should strippers have all the fun? I have never been a stripper or exotic dancer. I pole dance for fitness, for fun, for empowerment! And if I can learn to do this so can you!" Many girls have taken up the sport. It is now highly popular. You don't need to be a stripper. Apparently it is a great workout. Watching a few examples on YouTube proves this point. I challenge anyone to try this for themselves. Could you do it? Certainly it involves lots of practice. You need flexibility, grace, strength and control in your dance routine. Many dance studios offer pole dancing lessons – to women of all sizes. It appears to be a new craze. It begs the question what type of pole do they use? Length, width, material? How high is the ceiling? Is it difficult to learn? Indeed many girls have installed a pole in their homes. I was surprised just how many pole dancing competitions are held in different countries worldwide. Overall, it's a fun sport that'll probably turn a few guys on.

Link : <http://www.youtube.com/profile?user=Ange70x>

Category: Lifestyle / Dancing / Pole dancing

Level: Intermediate / Upper intermediate

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EXERCISES

1. Pole dancing: What is pole dancing? Who does it? Where can you pole dance? Can you pole dance? Go round the room swapping stories. Change partners often.

2. Dictation: The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self correct your work from page two - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - we need to do some work!

3. Reading: Get students to read the passage aloud. Swap readers every paragraph.

4. Vocabulary: Students should now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

5. The article: Students look through the article with the teacher.

- a) What is the article about?
- b) Is pole dancing acceptable in today's society? Why? Why not?
- c) What did you think of the video? (See **Link** on p1)

6. Traditional and modern dances: Think of five traditional and five modern dances. Which is the most famous? Which is the easiest to dance? Which is the hardest to do? Which is the most fun? Which is the most popular? Which of these can you do? Compare and discuss with your partner.

Traditional	Modern
1	1
2	2
3	3
4	4
5	5

The teacher will choose some pairs to discuss their findings in front of the class.

7. Let's imagine! I went to a pole dancing competition: You went to a pole dancing competition recently (Imagine!). Think of six things you saw there. Maybe describe the dancers, their routine. What did they wear? List your words below. Tell your partner a short story about your experience.

1	4
2	5
3	6

The teacher will choose some pairs to hear their stories in front of the class.

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8. Let's do 'The Article Quiz': Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score.

Student A

- 1) How long has Ange70x been pole dancing?
- 2) Sum up what one dancer wrote.
- 3) What do you need to be a pole dancer?
- 4) Where can you watch pole dancers?
- 5) Who have taken up the sport?

Student B

- 1) What does pole dancing involve?
- 2) Who were fascinated?
- 3) Where do you go to learn to be a pole dancer?
- 4) What do you need?
- 5) What is the new craze?

9. Let's debate: Students A believe pole dancing is ok. Students B believe otherwise. Explain why.

10. Let's ask! Pole dancing: So what do you know about pole dancing?

Student A

- 1 Why does a pole need cleaning and how often should you clean it?
- 2 What do you do at a pole dancing class?
- 3 How can one improve ones pole grip and stop the slip?
- 4 How can you beat sweaty hand syndrome?
- 5 How can you learn new pole skills?
- 6 What type of pole does one use?

Student B

- 1 Is pole dancing safe?
- 2 Will pole dancing be the next Olympic sport?
- 3 What do you associate pole dancing with?
- 4 Is pole dancing difficult to learn?
- 5 Is there a pole dancing studio near you?
- 6 What length, width and height should a pole be?

See Ange70x's fascinating answers on page 8!

11. Let's write! An e-mail: Write and send a 200 word e-mail to your teacher about: **Pole dancing**. Your e-mail can be read out in class.

12. Sentence starters: Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- a) Pole dancing _____
- b) Pole dancers _____
- c) The pole _____
- d) Dance competitions _____

DISCUSSION

STUDENT A's QUESTIONS

- 1) Did the headline make you want to read the article?
- 2) Would you like to be a pole dancer? Why? Why not?
- 3) Is pole dancing just for strippers?
- 4) Do you know any pole dancers?
- 5) Would you tell your boss if you were a pole dancer?
- 6) What types of dance can you do?
- 7) Have you ever been to a dance studio? When? Why? Where?
- 8) Would you go to watch a pole dancing competition?
- 9) Are you turned on by pole dancing?
- 10) What is or is going to be the next new dance craze?

STUDENT B's QUESTIONS

- 1) What do you think about what you read?
- 2) Could you do all the positions a pole dancer does on a pole?
- 3) What do you think of pole dancing?
- 4) What sort of music would you play if pole dancing?
- 5) What are the three most difficult things about pole dancing?
- 6) Have you ever seen any pole dancers?
- 7) What three tips would you give a pole dancer?
- 8) How much practice do you think it takes to be a good pole dancer?
- 9) Is pole dancing just for fitness, fun and empowerment?
- 10) Did you like this discussion?

SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings: **Pass = 12, Good = 15, Very good = 18, Excellent = 20**

1	empowerment	11	apparently
2	ceiling	12	worldwide
3	probably	13	competitions
4	exotic	14	ability
5	admitting	15	flexibility
6	highly	16	strippers
7	challenge	17	strength
8	overall	18	fantastic
9	installed	19	usually
10	fitness	20	themselves

GAP FILL: READING

Put the words into the gaps in the text.

My friend's sister is a pole dancer!

My friend's sister is a pole _____. Really! I must admit I was a ___ surprised when he told me. He even sent me a link of her on YouTube (See below). It's not what you think! I met her once years ago. She's not the sort of girl you'd expect to do pole dancing. Ange70x took it up as a _____ about two years ago. By day she works in an office. By night she's _____ found at home practising her new found love of _____ dancing, going to lessons once a week. Apparently it's great exercise not to mention a _____ laugh. At 39 she's no Spring chicken. I played some of my adult female students her video clip. They were fascinated by her ability to do all the different _____ positions admitting they couldn't do half of them. You see – it's not so easy. It got me thinking. Let's create an English lesson about it...

fantastic

pole

dance

hobby

tad

usually

dancer

Pole dancing is not all about strip clubs and lap dancing clubs. One dancer writes on her YouTube page that she is an average everyday girl who enjoys pole dancing. She says, "Pole dancing...it used to be just for strippers and exotic dancers until someone said why should strippers have all the fun? I have never been a _____ or exotic dancer. I pole dance for fitness, for fun, for _____! And if I can learn to do this so can you!" Many girls have taken up the sport. It is now highly popular. You don't need to be a stripper. _____ it is a great workout. Watching a few examples on YouTube proves this point. I _____ anyone to try this for themselves. Could you do it? Certainly it involves lots of practice. You need _____, _____, strength and control in your dance routine. Many dance studios offer pole dancing lessons – to women of all sizes. It appears to be a new _____. It begs the question what type of pole do they use? Length, width, material? How high is the ceiling? Is it difficult to learn? Indeed many girls have installed a pole in their homes. I was surprised just how many pole dancing competitions are held in different countries worldwide. Overall, it's a fun sport that'll _____ turn a few guys on.

challenge

probably

grace

flexibility

apparently

stripper

empowerment

craze

GAP FILL: LISTENING

Listen and fill in the spaces.

My friend's sister is a pole dancer!

My friend's sister is a pole dancer. Really! I must _____ surprised when he told me. He even sent me a link of her on YouTube (See below). _____! I met her once years ago. She's not the sort of girl you'd expect to do pole dancing. Ange70x took it up as a hobby about two years ago. By day _____. By night she's usually found at home practising her new found love of pole dancing, going to lessons once a week. Apparently it's great exercise not to mention a fantastic laugh. At 39 she's _____. I played some of my adult female students her video clip. They were fascinated _____ all the different dance positions admitting they couldn't do half of them. You see – it's not so easy. It got me thinking. Let's _____ about it...

Pole dancing is not all about strip clubs and lap dancing clubs. One dancer writes on her YouTube page that she is an _____ who enjoys pole dancing. She says, "Pole dancing...it used to be just for strippers and exotic dancers until someone said why should strippers have all the fun? I have never been a stripper _____. I pole dance for fitness, for fun, for empowerment! And if I can learn _____!" Many girls have taken up the sport. It is now highly popular. You don't need to be a stripper. Apparently it is a great workout. Watching a few examples on YouTube proves this point. I challenge anyone to try this for themselves. Could you do it? Certainly it involves lots of practice. You need flexibility, grace, strength and control in your dance routine. _____ offer pole dancing lessons – to women of all sizes. It appears to be a new craze. It begs the question what type of pole do they use? Length, width, material? How high is the ceiling? Is it difficult to learn? Indeed many girls have installed _____. I was surprised just how many pole dancing competitions are held in different countries worldwide. Overall, it's a fun sport that'll probably _____.

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ANSWERS FROM PAGE 4

GAP FILL: My friend's sister is a pole dancer! My friend's sister is a pole **dancer**. Really! I must admit I was a **tad** surprised when he told me. He even sent me a link of her on YouTube (See below). It's not what you think! I met her once years ago. She's not the sort of girl you'd expect to do pole dancing. Ange70x took it up as a **hobby** about two years ago. By day she works in an office. By night she's **usually** found at home practising her new found love of **pole** dancing, going to lessons once a week. Apparently it's great exercise not to mention a **fantastic** laugh. At 39 she's no Spring chicken. I played some of my adult female students her video clip. They were fascinated by her ability to do all the different **dance** positions admitting they couldn't do half of them. You see – it's not so easy. It got me thinking. Let's create an English lesson about it... Pole dancing is not all about strip clubs and lap dancing clubs. One dancer writes on her YouTube page that she is an average everyday girl who enjoys pole dancing. She says, "Pole dancing...it used to be just for strippers and exotic dancers until someone said why should strippers have all the fun? I have never been a **stripper** or exotic dancer. I pole dance for fitness, for fun, for **empowerment!** And if I can learn to do this so can you!" Many girls have up taken the sport. It is now highly popular. You don't need to be a stripper. **Apparently** it is a great workout. Watching a few examples on YouTube proves this point. I **challenge** anyone to try this for themselves. Could you do it? Certainly it involves lots of practice. You need **flexibility, grace**, strength and control in your dance routine. Many dance studios offer pole dancing lessons – to women of all sizes. It appears to be a new **craze**. It begs the question what type of pole do they use? Length, width, material? How high is the ceiling? Is it difficult to learn? Indeed many girls have installed a pole in their homes. I was surprised just how many pole dancing competitions are held in different countries worldwide. Overall, it's a fun sport that'll **probably** turn a few guys on.

ANSWERS FROM PAGE 3

So what do you know about pole dancing?

Ange70x's answers

Student A

1 Why does a pole need cleaning and how often should you clean it?

A During use sweat and skin can become smeared on the pole causing bad grip, so it is common practise to wipe the pole after each student or whenever a difficult move is being done (maximum grip). I usually use microfiber cloths cos they're best, a wet one to remove grease etc... and a dry one to dry and polish the pole.

2 What do you do at a pole dancing class?

A Warm up stretches and press ups and sit ups etc. first which is important so as not to get injuries. Some poses on the pole (if you open my F.U.S.S. video there are some photos of some 'poses') then there are some transitions from various poses to other poses, we call these linked poses combinations. We also do various spins, and linking moves (these tend to be sexy flicks of the hair or floor work.....they're actually artistic ways of just getting to the next spin or pose and making it look good). Stretches so you don't ache so much in the following days!

3 How can one improve ones pole grip and stop the slip?

A Practice, practice and more practice! Clean the pole regularly. And NEVER EVER wear moisturiser to class as it transfers to the pole and you can't grip. Some girls use windolene for grip (I don't, as it smears up the pole and makes it sticky). You actually need normal slip to do spins, but less slip to do poses. If you use any products I find it causes problems.

4 How can you beat sweaty hand syndrome?

A Confidence and practise yet again, the more confident you are, the less nervous and less sweaty you are.... however damp skin sticks better than dry skin (boots also stick better than dry skin, hence the girls tend to wear boots early on to master climbing). Some girls use chalk on their hands, personally I don't. I've even seen girls wear leather fingerless gloves, just to do tricks (poses) not spins (It's impossible to do spins in gloves!)

5 How can you learn new pole skills?

A Go to a dance class and talk to the teachers and other students. Browse YouTube and subscribe to good online pole dancing classes.

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6 What type of pole does one use?

A NEVER EVER USE A PEEKABOO POLE!!!! EVER..... This is in capitals as you can seriously hurt yourself doing the kind of pole tricks I do. They cannot support any kind of weight and are not designed to. The best ones are X-pole, they are friction fitted to the ceiling (across beams) and the floor and have a special design that should they ever move they don't fall over (I can bear witness to this!) Some other girls have Lil' Mynx Poles but these are not as good quality as X-pole from what I've heard.

Student B

1 Is pole dancing safe?

A Yes, but you always need to have a 'spotter' for new moves – someone who will stand next to you just in case you start to lose grip and can catch you, and 'crash mats' are advisable for new stuff too when learning. This 'sport' can be very dangerous with the possibility of falling on your head from a height so you have to take precautions to do it safely. E.g. I never do any advanced/dangerous moves at home because there is no-one around should I fall and need help.

2 Will pole dancing be the next Olympic sport?

A Hmm..... you may joke, but many girls want it to be, it's basically like gymnastics on a vertical pole and you dress in something similar to what Salsa dancers wear. *It has high difficulty and many forms of dance though so it is difficult to get a standard which is acceptable.*

3 What do you associate pole dancing with?

A Many folk confuse it with Lapdancing..... it's not the same as you can see. They also associate it with sleazy back street clubs with poles. I can understand the association after all pole dancing did start off at Circus's. So, I find it interesting that if Chinese guys do it at a circus (google them, they're awesome) it's 'ooh wow, how clever' but if a girl does it it's 'ooh, that's sexy'. Actually there is a guy on YouTube 'BadAzz' who makes it look like hip hop dancing on a pole, and he can also make it look sexy in a guy way (he's on YouTube, maybe show your class so it's not as sexist for them)

4 Is pole dancing difficult to learn?

A Yes, it's like regressing back to being a five year old, after all when did you last do a handstand?! Many of the moves use muscles that you're not using everyday, so at the beginning (unless you're already fit) you'll probably ache for a week, also you get many bruises when you're learning (and also when you've been doing it for over two years!). Steel always wins, my toe can vouch for that, I tried doing a move and kicked the pole instead shattering my toe (had only been doing it for a few months then). Some moves always bruise you, no matter how well you do them! Some people will never manage to do pole dance poses as it takes strength and the attitude of 'no fear' going into some of them.

5 Is there a pole dancing studio near you?

A I'm sure this is aimed at your students, as one of my classes is only about 5mins drive away, and I can get to another two in about 20mins.

6 What length, width and height should a pole be?

A Standard width is 50mm diameter for a pole, you can get 45mm diameter also, but not many folk have them, they're better for grip on spins, but not so great for climbing and poses. Height? As high as possible is best, you can get more combinations of poses when there is more height (please check out the *pole divas* competition pole). However normal ceiling height is OK to practise on at home, but it's a bit limiting for upsidedown moves and climbing work.



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