

## **BODY**

### ***Parts***

### ***Shapes***

Rounded  
Twisted  
Symmetrical  
Asymmetrical

## **ACTION**

### ***Non Locomotor***

Stretch  
Bend  
Twist  
Rise  
Fall  
Swing  
Suspend

### ***Locomotor***

Slide  
Walk  
Hop  
Run  
Leap  
Roll  
Crawl

## **SPACE**

### ***Size***

Large  
Medium  
Small

### ***Level***

High  
Medium  
Low

### ***Place***

Personal (Self) Space  
General Space

### ***Direction***

Forward  
Backward  
Diagonal  
Right/Left

***Pathway***

Curved  
Straight  
Zig Zag  
Random

***Relationship***

In front  
Beside  
Behind  
Over  
Under

**ENERGY**

***Attack***

Sharp  
Smooth  
Sudden  
Sustained

***Quality***

Flowing  
Tight  
Loose  
Sharp  
Swinging  
Suspended  
Smooth  
Collapsed

BCMEA 2018  
"Dance in the Primary Classroom"  
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**Learning Standards K-3**

Explore the elements of Dance: Body (locomotor, non-locomotor),  
Space (place, level, direction, pathway, size, shape, relationships)

Explore identity through arts experiences

**Warm-up:**

1. Lay in an X on the floor to gently warm up the body in a calm and safe way. I also use this time to review **body shapes**.

(Song Selection: Twinkle Lullaby)

Balance song- Use scarves to create a 'balance course' to work on a variety of **locomotor and non locomotor skills**.

\*Use Self Space for "Careful, Stand Tall, Tip Toe, You can walk the line"

(Song selection- The Balance Song- Jojo's Circus)

Teach a movement sequence and then have students choose a variety of ways to move the sequence using charts or manipulatives (movement cubes).

Movement Sequence:

Step- touch, step-touch, Step- touch, step-touch, turn in a circle, turn in a circle,

1      2      3      4      5      6      7      8      1-2 -3-4      5-6-7-8

Feet out (1st position), Feet in (2nd position), Feet out (2nd), Feet in (1st)

1      2                      3      4                      5      6                      7      8

Cross- open, cross- open, Cross- open, cross- open

1      2              3      4              5      6              7      8

Locomotor Movement

1 2 3 4 5 6 7 8

Non Locomotor Movement

1 2 3 4 5 6 7 8

(Music Selections:)

1. "Trance" Ludovico Einaudi
2. "Ants Marching/ Ode to Joy" The Piano Guys
3. "Roundtable Rival" Lindsey Stirling
4. "I am Stick Man" Rene Aubry

**"What I am"** A Choreographed Piece

1. Hand out word cards to small groups (or individual students) have them create a 2 beat shape to represent each word. When they are finished have them teach their shape (or 'special move') to the class. These shapes will be used during the group choreography.

2.

*(Non- Locomotor, Self Space)*

If what I am is what's in me

Point to self- rock shoulders back and forth

Then I'll stay strong - that's who I'll be

*Muscle Arms                      nod*

And I will always be the best "me" that I can be

Big, stretched rainbow arms, hug self

There's only one me, I am it,

Number 1 finger out to audience, point to self

have a dream I'll follow it

Tap temples, make river with hands

It's up to me to try

Both hands on chest, open wide to sides

[Chorus 1] (focus on Locomotor)

Oh! I'm gonna keep my head up high (high)

Skip- *straight pathway-*

Keep on reaching high high

*Pencil jump then star jump*

Never gonna quit

*Cross arms, lean back*

I'll be getting stronger

*Step touch, zig zag pathway*

And nothing's gonna bring me down (no!)

*Crouch to ground*

Never gonna stop, gotta go

*Jump up- stop hand, step touch (maybe add cross over)*

Because I know

*Open -shut feet*

I'll keep getting stronger

*Muscle arms up (feet open), muscle arms down (feet closed)*

[Bridge 1]

And what I am is **thoughtful**

*(Criss Cross Feet- point to self, Thoughtful shape created in class)*

*\*\* Continue this pattern for entire bridge\*\**

What I am is **musical**

What I am is **smart**

And what I am is **brave**

What I am is **helpful**

What I am is **special**

There's nothing I can't achieve

Because in myself I believe in (oh)...

[Chorus 2]

Gonna keep our heads up high (high)

Keep on reaching high

Never gonna quit

Just keep getting stronger

And nothing's gonna bring us down (no!)  
Never give it up, gotta go  
Because I know  
I'll keep getting stronger

[Bridge 2]

What I am is **super**  
What I am is **proud**  
What I am is **friendly**  
What I am is **grouchy**  
What you are is **magical**  
What you are is **special**  
There's nothing I can't achieve  
Because in myself I believe in oh...

[Chorus 3]

Gonna hold my head up high (high)  
Keep on reaching high  
Never gonna stop  
I'll be getting stronger  
Nothing's gonna bring me down (no!)  
Never give it up gotta go, oh... yeah...  
I'll keep getting strong--er