

# DPA Pages!

## Classroom Dance

### DESCRIPTION:

Dance can be an energizing and demanding physical activity for body and brain as well as a means to promote positive interaction amongst classmates.

**DPA** Endurance, Strength, Flexibility

### EQUIPMENT:

TV/DVD/CD player

Music: See Recommended Resources

Dice (in K to 3 Action Bin)

Deal-a-Dance Cards (provided at Dance Refresher Workshop)



### IMPLEMENTATION IDEAS:

- Create choreography using one of the following:
  - **Verse/Chorus** – assign an action word or theme to a verse and create a simple sequence for the chorus.
  - **Deal-a-Dance** – shuffle dance cards and deal out four or five. Students create choreography from the movements dealt. Add dance concepts or elements (decrease or increase the number of cards and elements based on age and experience of students).
  - **Dance Dice** – select a movement or action from list of moves or dance elements and roll the dice to determine the number of repetitions. Repeat with several moves to create a sequence. Incorporate dance elements like directions and relationships to add complexity.
  - **Dance from Concepts and Elements** – use Dance Explorations Activity Ideas to select action words. Add other dance elements (e.g. space, relationships).
- Student Leadership:
  - Have students teach each other their dance routines.
  - Leadership groups can lead routines in assemblies, as extra-curricular, or in other classes.

**RESOURCES:** (refer to Action Pages! at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca) for these and other resources)

1. Action Schools! BC *Classroom Action Resource* (F) (in all Action Bins) or contact [info@actionschoolsbc.ca](mailto:info@actionschoolsbc.ca)
2. Dance Refresher Workshop at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)
3. Kids in Motion CD, Dance Party Fun CD, Music for Yoga CD (in K to 3 Action Bin);  
Jump2bFit CD, Jump Rope Music (in 4 to 7 and Middle School Action Bins)
4. 65 Energy Blasts DVD (in all Action Bins)
5. Exercise in Disguise (F) (in K to 3 Action Bin)
6. CDs – BrainDance, Music for Creative Dance, All-Time Favorite Dances, Everybody Dance!, Putumayo World Music



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# Dance Concepts and Elements

## BODY

### Parts

- in motion\*
- supporting
- gesturing

### Shapes\*

- stretched
- twisted
- curled
- angular
- symmetrical
- asymmetrical
- statue/story

### Actions

- non-locomotor\*
- locomotor\*
- imagination

## SPACE

### Directions

- forward
- backward
- sideways
- up/down

### Levels\*

- high
- medium
- low

### Place

- self space
- general space

### Pathways

- straight
- curvy
- zig zag

### Focus

- internal/external
- single-multi

### Size

- big
- small

## DYNAMIC EXPRESSION

### Time

- sudden/sustained
- quick/slow
- rhythm
- beat
- pattern
- accent
- meter

### Energy

- sharp/smooth
- strong/light

### Weight

- heavy/light
- active/passive

### Flow

- bound/free

## RELATIONSHIPS

### Prepositions

- over
- under
- around
- through
- beside
- behind
- near
- far
- facing

### Interactions

- lead
- follow
- act/react
- meet/part
- sequential

### Identical

- matching
- mirroring\*
- shadowing\*
- flocking
- echoing

### Contrast

- opposite\*
- differing

### Contact

- connecting
- supporting
- lifting
- counter-balancing

### Formations

- scattered
- circle
- line
- square
- groups
- group shape

\* See Dance Explorations Activity Ideas in Classroom Action Resource K to 7



# Dance Explorations Activity Ideas

Expand on Dance Concepts and Elements with the following ideas

## 1. BODY PARTS

### Music Recommendations (in Action Bins):

- Dance Party Fun CD: Shake Rattle and Roll, Simon Says
- Kids in Motion CD: The Body Rock, Body Talk
- Jump2BFit CD or Jump Rope Music CD

### Activities

- *Parts in Motion*: discover how different body parts move: nod and shake heads; circle body, arms, legs, hips; shake parts; bend and stretch arms, legs, fingers, toes; shrug shoulders.
- *Body Part Dances*: make dance movements that emphasize one body part e.g. an elbow dance, a head dance, a shoulder dance, a foot dance. Use fast and slow tempo music to explore different dynamics.
- *Holding High*: make different body parts higher than the rest of the body e.g. arms high, legs high, one foot high, knee high, bottoms high.
- *Glue*: "glue" different body parts to the floor and only move the unglued parts.
- *Silly Bones*: in partners create ways to connect different body parts: knee to knee, head to shoulder, ankle to knee, spine to spine. Call out body parts randomly. Create sequences.
- *Body Music*: make patterns that create sounds: clap, stamp, slap, tap. Combine sound actions with other action words.

## 2. NON-LOCOMOTOR (MOVEMENTS IN PLACE) AND LOCOMOTOR ACTIONS (TRAVELING)

### Music Recommendations (in Action Bins):

- Dance Party Fun CD: Line Up!, Shake Rattle and Roll, Peppermint Twist, The Train
- Kids in Motion CD: The Freeze, Kids in Motion Song, Animal Action
- Jump2BFit CD or Jump Rope Music CD

### Activities (use scarves or other props for another element)

- Explore ways of performing the basic non-locomotor actions: stretch, curl, twist, turn, push, pull, swing, stop, balance, ready position.
- Try fast, slow, high, low, whole body and with different body parts.
- Explore other action-image words: rise, sink, grow, shrink, press, rock, sway, shake, melt, fall, collapse, explode, twitch, kick, punch, shiver, wiggle etc.
- Explore ways of performing the basic locomotor actions: skipping, sliding, galloping, leaping, rolling, jumping, walking, running, hopping.
- Combine actions into movement sequences and patterns: shrink, shiver, explode.



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### 3. RELATIONSHIPS

#### **Music Recommendations (in Action Bins):**

- Dance Party Fun CD: The Train, Who Let the Dogs Out?
- Music for Yoga CD
- Jump2BFit CD or Jump Rope Music CD

#### **Activities**

- *Mirroring*: in partners face each other and try to move exactly the same way as if looking in a mirror. The goal is to not be able to tell who the leader is. Encourage use of a variety of non-locomotor movements. To introduce this activity have students mirror you.
- *Shadowing*: similar to mirroring but students stand one behind the other; the one in the back is the shadow.
- *Opposites*: in partners, move using different pairs of opposite actions e.g. stretch/curl, twisted/straight, push/pull, grow/shrink, high/low, rise/shrink etc.
- *Folk and Square Dance Fun*: try do-si-dos, stars, arches, turns (one and two hand), swings, walk forward and back in pairs and small groups.

### 4. SHAPES

#### **Music Recommendations (in Action Bins):**

- Kids in Motion CD: The Freeze
- Jump2BFit CD or Jump Rope Music CD

#### **Activities**

- *Basic Shapes*: practise the basic shapes: stretched, curled, bent (angular), twisted. Create high, low, middle level shapes and shapes balancing on different body parts. Mirror a partner's shape. Make alphabet letter shapes.
- *Statues*: make imaginary statue shapes: different characters, objects or feelings e.g. thinkers, hockey players, dancers, superstars, bridges, angry, happy, sad, frightened etc.
- *Shapes for 8*: make a shape and hold for a count of 8. Make a new shape and hold for 8. Try holding for different counts. Use a drum, tambourine, clapping or snapping to keep the beat.
- *Go and Freeze*: move to music individually; freeze in a shape when the music stops. Let the music play for varying intervals of time to build listening skills.
- *Shapes and Spaces*: in partners, one dancer makes a shape, while the other fits her/his shape into the holes and spaces made by the first. Keep changing shapes, one partner moving at a time.

Inspiration by Pat Parker, Action Schools! BC Regional Trainer

(Page 4 of 4 – Classroom Dance)



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