

DPA Pages!

Try 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 DAILY PHYSICAL ACTIVITY:

Endurance, Strength, Flexibility

EQUIPMENT:

TV/DVD/CD player

Music: See Recommended Resources and other popular music e.g. movie soundtracks

Dice or Deal-a-Dance Cards

IMPLEMENTATION IDEAS:

- Create choreography using one of the following:
 - Use the verse/chorus structure of a song to create the dance structure: 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 if desired (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 activity, or in other classes.

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca for these and other resources)

1. Classroom Action Resource (download at www.actionschoolsbc.ca or contact info@actionschoolsbc.ca)
2. Kids in Motion CD, Dance Party Fun CD, Music for Yoga CD (in K to 3 Action Bin)
3. 65 Energy Blasts DVD (in all Action Bins)
4. Exercise in Disguise (available in French) (in K to 3 Action Bin)
5. CDs – Movin' Music for DPA, BrainDance, Music for Creative Dance, All-Time Favorite Dances, Everybody Dance!, Moving and Grooving, 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 for expansion tips (provided and in Classroom Action Resource)



Dance Explorations Activity Ideas

Expand on Dance Concepts and Elements with the following ideas

1. BODY PARTS

Music Recommendations (in K to 3 Action Bin):

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

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 K to 3 Action Bin):

- 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

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 K to 3 Action Bin):

- Dance Party Fun CD: The Train, Who Let the Dogs Out?
- Music for Yoga 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 K to 3 Action Bin):

- Kids in Motion CD: The Freeze

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 fancy 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.

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