

Designed by: Tori Breen

Course or class: Creative Movement

Date of lesson: 10/12/2020

Length of lesson: 10 minutes

Materials and resources needed: n/a

Standards:

MN State Dance Standards

0.1.1.1.1. 1. Identify the elements of dance including body, action, space, time and energy.

0.1.2.1.1. 1. Demonstrate replicated and improvised movement using control and coordination.

National Core Standards

DA:Cr1.1.PK. b. Find a different way to do several basic locomotor and non-locomotor movements.

DA:Cr3.1.PK. a. Respond to suggestions for changing movement through guided improvisational experiences.

DA:Pr5.1.PK. a. Demonstrate basic full body locomotor, non-locomotor movement, and body patterning with spatial relationships.

Learning Goals: *What will the students learn or be able to do as a result of this lesson?*

The students will be able to demonstrate fast and slow movement.

The students will hear about orbits and rotations.

The students will be able to practice locomotor and non-locomotor movement.

The students will be able to demonstrate movement of different body parts.

Assessment: *How you will be able to tell if a student is achieving or making progress towards the Learning Goals? What would you see or hear? What should you look for?*

I will know students are achieving or making progress if they are able to demonstrate low and high levels with their bodies. I will notice if students are able to identify body parts and achieve light effort.

Lesson Progression: *Write out the exercises or sequences.*

1. Introduce the lesson:
 - a. Last week, my friend Maggie came to dance with you and you got to explore floating in space with her.
 - b. So real quick let's get back up into space in 5, 4, 3, 2, 1, blast-off!
 - i. (Jump)
2. Practice floating through space
3. Oh look I see a planet coming up! Jump onto the planet you see.
 - a. (Jump onto the planet)
4. Wait, wait a second! You're turning into the planet!
 - a. (Wiggle around like you're becoming something else)
 - b. What shape is a planet? Make your body into your best planet shape.
 - i. (Make body into round shapes)
5. Now lets try moving the ways that planets move. We can rotate like this.
 - a. (Spin around)
 - b. Practice rotating like a planet.

- c. --pause and do a couple jumps for vestibular system reset--
- 6. Planets also move around the sun in big circles. Let's orbit around our personal stumps like planets orbiting around the sun
 - a. (Walk or run around stump)
- 7. How fast can you orbit?
- 8. How slow can you orbit?
- 9. Show me all the different ways you can orbit
- 10. *If time:* can you rotate different parts of your body?
 - a. Hands
 - b. Feet
 - c. Head
 - d. Pick a body part
- 11. Okay, our time as planets is ending. Morph back into your own self.
 - a. (Wiggle)
- 12. We have to go back down to Earth
 - a. 3, 2, 1
 - b. Jump down to Earth

Extensions (optional): *If you were to continue teaching this class, how would you build on it? Where would you go next?*

We would continue to explore rotation and orbiting with different body parts and different tempos. We could also try being other things that rotate and orbit, like wheels or merry-go-rounds.