K-2 Movement Skills

Content Area: **Music**
Course(s):
Time Period: **Marking Period 1**
Length: **10 Weeks**
Status: **Published**

Brief Summary of Unit

In this unit, students will explore time, space and energy as they develop movement skills essential to their dance development.

Essential Questions

- What are different ways that we can move our bodies?
- What does it mean to perform a dance phrase
- What can dancers to to make sure their body is cared for and working in a safe and efficient manner?

Essential Understandings

- The human body is an instrument that can be used for artistic expression.
- There are a wide variety of dance styles and genres that we can learn about.
- Using different movement pathways, energy dynamics and tempo can change the way that dancers move.

Students Will Know

- How to safely prepare the body for movement
- Basic ideas about movement quick/sustained, direct/indirect, bound/free, light/strong
- How to execute basic locomotor and axial movements for performance and sharing

Students Will be Skilled At

- Executing basic sequences of movement
- Exploring the different elements of movement and how we can incorporated them into our dancing
- Express movement qualities that align with ideas about various styles of dance

Learning Plan

- Discuss essential questions
- Movement exploration based on axial and locomotor movement
- Movement exploration of tempo change, level change, and dynamics
- Rehearsing and performing basic movement sequences based in a specific style or genre
- Developing vocabulary that can be used across techniques

Evidence/Performance Tasks

- Discussion of essential questions
- Observation of understanding through discussions and journal prompts
- Performing technique using genre specific terminology
- Group discussion and brainstorming of the topics
- Pair and share
- Independence assessed by grade level

Materials

- Notebook
- Skeleton

- LOD Cards
- Cranford Public Schools Dance K-8 Materials/Resources

Standards

ELD standards:https://docs.google.com/document/d/1wdmsiGOdCHlrjU-WPvAtENnEgi0EStZXo0uiFYv1Nu4/edit

1.1.2.Pr4a	Perform planned and improvised movement sequences, with variations in direction (e.g., forward/backward, up/down, big/small, sideways, right/left, diagonal), spatial level (e.g., low, middle, high), and spatial pathways (e.g., straight, curved, circular, zigzag), alone and in small groups.
1.1.2.Pr4b	Perform planned and improvised movement sequences, with variations in tempo, meter, and rhythm, alone and in small groups.
1.1.2.Pr4c	Demonstrate contrasting dynamics and energy with accuracy (e.g., loose/tight, light/heavy, sharp/smooth).
1.1.2.Pr5a	Identify personal and general space to share space safely with other dancers. Categorize healthful strategies (e.g., nutrition, injury prevention, emotional health, overall functioning) essential for the dancer.
1.1.2.Pr5b	Identify basic body parts and joints (e.g., limb, bone) and joint actions (e.g., bend, rotate). Examine how basic body organs (e.g., brain, lungs, heart) relate and respond to dance movements.
1.1.2.Pr5c	Explore the use of spine and pursue use of elongated spine. Demonstrate body organization (e.g., core/distal, head/tail, upper/lower half lateral) and explore cross-lateral body organization. Demonstrate holding a shape in the body while traveling through space.
1.1.2.Pr5d	Explore a variety of body positions requiring a range of strength, flexibility and core support.
1.1.2.Pr5e	Explore locomotor action vocabulary (e.g., gallop, hop, slide, skip) and non-locomotor action vocabulary (e.g., bending, stretching, twisting) and execute codified movements from various styles/genres with genre specific alignment. Demonstrate, through focused practice and repetition (e.g., breath control, body part initiations, body sequencing).
1.1.2.Pr6a	Explore how visualization, motor imagery and breath can enhance body mechanics and the quality of a movement skill.
1.1.2.Pr6b	Rehearse a simple dance using full body movement. Demonstrate the ability to recall the sequence and spatial elements.
1.1.2.Pr6c	Dance for and with others in a designated space identifying a distinct area for audience and performers.
1.1.2.Pr6d	Use simple production elements (e.g., hand props, scenery, media projections) in a dance work.
1.1.2.Re7a	Demonstrate movements in a dance that develop patterns.
1.1.2.Re7b	Observe and describe performed dance movements from a specific genre or culture.
1.1.2.Cn11a	Observe a dance and relate the movement to the people or environment in which the dance was created and performed.

Suggested Strategies for Modifications

This link includes content specific accommodations and modifications for all populations:

Performing Arts Accommodations & Modifications