

Lesson Plan on Place

Age: 8-10

Space: studio

Length of time: 60 minutes

Pre-class props and music: Musical Instruments, see music below

<u>Warming Up</u>	<u>Duration</u>	<u>Music</u>
Physical Warm Up	20 min	Gradual Motion
Start in circle. Intro concept of soft focus. Warm up involves concepts of circle, reach, bend, stretch, twist, and swing. Begin learning this set warm up phrase that incorporates technical work such as plies, tendus, simple weight shifts. This warm up will eventually included practicing going in and out of the floor.		

Transition: Students sit ready position.

<u>Explore (Improvisation)</u>	<u>Duration</u>	<u>Music</u>
Mirror, Shadow, Flocking	5-10 min	Brain Bop 13 & 14, C&C Vol IV #17, Step on the Beat #18

Model mirroring: smooth, slow, soft focus. Use student demonstrator to show using three different planes in self-space: wheel, door and table. Also use level changes. Demonstrate how to trade leadership. Find a partner. After several rotations, model shadowing through general space with changes of level and speed. Trade happens when leader 'turns his belly button around.' Find new partner. Shadow. After several rotations move to flocking in groups of four – six people. (Two-three duets get together). Start in clump together. We will move like a flock of birds. First leader dancer initiates a movement in self-space, lets the movement grow into general space, then brings the movement and the group back into self-space. New leader. Repeat. Break up into two groups- watchers and doers.

Reflection: *What movements did you see- how would you describe them? How would maintaining a "soft focus" help you follow the leader of the flock?*

Transition: Form flanking lines

<u>Developing Skills (Technique)</u>	<u>Duration</u>	<u>Music</u>
Across the floor	5-10 min	Gradual Motion # 4
Review simple traveling steps- skip, gallop, leap, hop, and triplet step. Combine these to make short traveling phrase. *Skip this activity if short on time		

Transition: Come to the board

<u>Creating (Composition)</u>	<u>Duration</u>	<u>Optional: Music</u>
Dance by chance	25 min	Instruments

Part One: At the board assign 6 movements to the numbers 1-6 (roll, slash, shape...) Break up

into small groups. Each group rolls a dice 6 times to determine the movements in their dance. Create in groups and share with class.

Part Two: After sharing look back at your dance and determine which movements are in self-space, which are in general? Reverse! Make each movement that was in self- space travel in general-space; perform each general space movement in self-space. Share projects again. **If time play music for each other's pieces.**

<u>Cool Down/Closure</u>	<u>Duration</u>
In your small groups: What were the most challenging things you did today? The most surprising? Describe something you learned. Something you'd like to do again. Come together as a whole group for Pass the Pulse.	2-5 minutes