

Grade 4 – Arts Education Dance

Direction

1 hour lesson

Outcome CP 4.2 Express ideas using the elements of dance including:

- **Actions** (identify dance steps such as schottische, polka, grapevine, and step hop)
- Body (body parts leading movements)
- Dynamics (duration, speed, and force)
- Relationships (alone, partner, small groups)
- Space (asymmetrical, and symmetrical, creating and recalling pathways)

Creative dance concept -

Direction – Experiment how actions change as the directional facing shifts.

Five Part Lesson Plan -

1. Warm up/ Introduction -

1 – Head and shoulders warm up with directional and level variation.

2. Exploring the Concept-

Learn the basic front to front series with a partner (start in a circle formation so as to easily transition into a grand round sequence) –

Front to front
Back to back
Front to front
Clap clap clap

Front to front
Back to back
Front to front
Stomp stomp stomp

Front to front
Back to back
Front to front
Balance

Grand round (switching partners)

3/4. Skill Development/Creating -

Take the simple phrase from the opening combination (theme) -
Up, up, down, down, up cross down, up cross down.

Create a variation -

Split students into groups of two or three and have them create a 16 count variation on the theme incorporating a change in level.

5. Cool Down -

Watch and respond to dances created.