

Grade 3– Arts Education Dance

Folk Dance - Shapes

Lesson 2

Outcome CP 3.2 Create dance phrases and sequences that demonstrate understanding of the elements of dance including:

- Actions (basic jumps)
- **Body (zones)**
- Dynamics (speed, force)
- **Relationships (range)**
- Space (directions and pathways)

Indicators

h. Create and recall a variety of combinations of straight and curved pathways and shapes on the floor and illustrate the difference.

Creative dance concept –

Shapes – Understand and demonstrate various shapes on different levels with the body. Including curvy, straight, balancing, twisted and zig zag.

Brain dance concept –

Eye Tracking – Move through space while tracking and focusing the eyes. Balance and focus while stationary.

Personal Space – Understanding personal space boundaries and being able to demonstrate them in self and general space.

Five Part Lesson Plan -

1. Warm up/Introduction –

‘Now I’m jumping, now I’m jumping, turn around, turn around, creeping, creeping, creeping, switch your spot, switch your spot.’

Introduce concept of shape making –

Example: ‘Make a low shape that has two body parts connected to the floor.’

‘Make a high shape that has only one body part connected to the floor.’

Curvy shape, twisted shape, balancing shape, straight shape.

Variation:

'Now I'm punching, now I'm punching, kick kick kick, kick kick kick, jumping and turning, jumping and turning, make a shape, make a shape.'

2. Exploring the Concept -

Shape Museum with mirroring and puzzle shapes

Introduce filling in shapes and copying shapes.

Puzzle shapes - Separate the class into two groups one group in the center (statues) the other on the periphery (guests). The statues make a shape when the music starts, the guests enter the museum fills in the puzzle shape and the original statue dances away and joins another shape while the original partner makes a new shape.

Mirroring – Instead of filling in the shape of the statue copy the shape and when the statue dances away make a new shape that is the opposite. Example – if you copied a symmetrical shape the next shape you would make would be an asymmetrical shape.

Music – Chirpa Chirpa

3. Skill Development -

Across the floor

Vestibular – Log roll, thread the needle – Rolling across the floor while tracking the eyes on a straight line in space.

Music – Atas Remix

4. Cultural Component -

'Pata, Pata' is from South Africa. Pata Pata stands for the gentle bumping of hips with another dancer.

Section One -

Touch right foot to right side as arms open to the side (1 count)

Step right foot next to left foot and bring arms back to hips (1 count)

Repeat twice and change sides

Section Two –

Raise right knee in front of the body, touch it with left elbow (1 count)

Repeat twice and change sides

Section Three –

Kick four times alternating legs (4 counts)

Section Four –

Open and on the hips (clam shell) while tapping the foot across the other leg (1 count)

Close the hands to the hips (clam shell) while uncrossing the leg (1 count)

Section Five –

Walk (8 counts)

Pata Pata with partner both sides (4 counts)

Repeat section four four times

Music – Pata Pata