

# Grade 7 – Arts Education Dance

## Rhythm

### 1 hour lesson

[www.ashleymjohnson.com](http://www.ashleymjohnson.com)

**Outcome CP 7.2** Investigate and manipulate the elements of dance and principles of composition including tension and resolution

### Indicators

- h. Use the elements and principles expressively in dance.
  - i. Practice sustaining and controlling energy.

### Creative dance concept –

*Rhythm – Understand the basics of pulse and pattern. Be able to dance and create phrases that are in time with the music.*

### Five Part Lesson Plan -

#### 1. Warm up –

Rhymes – ‘I shake my hands, ‘I stretch my arms’ ‘I shake my feet’ ‘I stretch my legs’

‘Now I’m jumping, now I’m jumping, turn around, turn around, creeping, creeping, creeping, make a shape, make a shape.’ Add variation.

#### Introduction –

Find your heart beat and your pulse, is it a fixed rhythm? Run on the spot for 30 seconds, is it still a fixed rhythm?

#### 2. Exploring the Concept-

Finding the pulse in your body parts – knees, spine, hips, head, arms, feet.

Walking across the floor in time with the music.

Finding the one – Sitting on the floor clap on the one and three, clap on the two and four.

Add in different body rhythms – slap, clap, stomp.

#### 3. Skill Development

Creating and dancing across the floor slap, clap, stomp rhythms that transition into walking and end with chair balancing.

#### **4. Creating**

Create name rhythms using the syllables of your name. Example four actions for

Ash – ley John – son

Slap – clap stomp – snap

#### **5. Cool Down –**

Brain dance lying on the floor.