

# Grade 1 – Arts Education Dance

## Body Parts

45 minute lesson

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**Outcome CP 1.2** Create dance phrases and sequences that demonstrate understanding of the elements of dance including:

- Actions (locomotor and non locomotor)
- **Body (whole and parts)**
- Dynamics (different ways of moving)
- Relationships (explore variety)
- Space (awareness of pathways, levels, sizes and shapes)

## Indicators

- b. Connect movements from dance explorations to create short dance phrases.
- c. Use different kinds of locomotor and non locomotor actions in dances.

## Creative dance concept –

*Body parts – Identify and create movement sequences initiating with different body parts.*

## Brain dance concept –

*Focus/memory recall – Using crossover activities stimulates brain function while recalling and remembering dance sequences.*

## Five Part Lesson Plan -

### 1. Warm up –

Brain Dance rhymes

See Brain Dance handout in ‘Resources’ and rhyme video in ‘videos’.

### 2. Exploring the Concept –

#### Head, Shoulders, Knees and Toes

Begin with regular rhyming and chorus (arm up, up, arm down, down, arms crossed high to low, left and right, boogie down)

Do with music

Repeat same rhymes but do the actions opposite (retrograde) starting at the toes. Chorus opposite (arm down, down, arm up, up, arms crossed low to high, right to left, boogie down)

*Music: Mos Def Quiet Dog*

### **Crossover Body Game**

Leader says out loud 'ear' and touches a different part of their body ie. Nose. Followers must follow the auditory cue while looking at the leader touching the wrong body part. Repeat.

- *Note - the brain creates visual patterns to remember the sequence of actions especially in the face when disconnecting language from gesture. Aids in cognitive processing, development of problem solving skills, and memory recall.*

### **3. Skill Development / Creating (group) -**

Use the chorus of the warm up chorus (arm up, up, arm down, down, arms crossed high to low, left and right, boogie down) to create a variation using different body parts.

Use a dance element to create a new variation off of the theme.

- *Note - remembering and recalling dance phrases promotes focus and memory recall.*

*Music: Mos Def Quiet Dog*

### **5. Cool Down -**

Freeze dance with the music.

**Exit Slip** – Move through space leading with a body part. Are you dancing in self or general space?