

Grade 7 – Arts Education Dance

Direction

1 hour lesson

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Outcome CP 7.3 Create and refine transitions within choreographic forms (e.g., ABA, them and variation)

Indicators

- a. Sequence movements purposefully to support transitions when creating and combining dance phrases.

- h. Extend body's range of movement, strength, and balance with attention paid to correct alignment and clarity of action.

Creative dance concept –

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

Brain dance concept –

Understanding the Brain as a whole. It's history in Bartenieff Fundamentals and how each action can be accomplished in varying relationships to space.

Five Part Lesson Plan -

1. Warm up/ Introduction –

Briefly learn about the history of the Brain Dance and its progression from Bartenieff to Anne Green Gilbert. The therapeutic benefits of the sequence and the connection to dance technique.

Go through the sequence on the floor and in standing. Experiment with different relationships to space.

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 -

Use the actions of the Brain Dance to create variations on the above phrase.

Example -
Front to front (reach)
Back to back (curl)
Front to front (reach)
Clap clap clap

5. Cool Down -

Trust balances with a partner

Start face to face, hold wrist to wrist and step toe to toe. Learn back, look at the ceiling and close eyes