

Grade 3- Arts Education Dance

Folk Dance - Relationships

Lesson 1

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

- b. Apply knowledge of body zones including left side, right side, front, back, and upper and lower half.
- g. Apply a range of relationships to dance compositions.

Creative dance concept -

Relationships - Dance in different relationships in space and with a partner.

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/Introduction -

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.

Brain Dance - Adding in actions from the folk dance.

- Kicking (Upper Lower)
- Open and close (body side)
- Elbow to knee (cross lateral)

Music - Atlas Remix

2. Exploring the Concept -

Zombie and Magician

Explain the roles of zombie (follows the movement of the scarf) and magician (moves the scarf). Partners start face to face when the magician moves the scarf the zombie follows with just his/her eyes. Progression two – the zombie moves his/her whole body through levels following the scarf. Progression three – the zombie moves his/her whole body through general space following the scarf. Change roles and repeat.

Reflection – What makes it difficult/easier for your partner to follow you?

Music – Tempo Tantrum

3. Skill Development -

Across the floor

Cross Lateral – Lizard crawl – Belly crawling across the floor, tracking a scarf with the eyes.

Vestibular – Log roll, thread the needle – Rolling across the floor while tracking the eyes on a scarf to maintain 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)

Repeat first three sections four times

Section Four –
Walk (8 counts)
Pata Pata with partner both sides (4 counts)

Repeat section four four times

Music – Pata Pata

5. Cool Down –

Blind Mirror –

Standing face to face with a partner one person leads and the other follows. Move slowly with the music so that the other person can follow.

Music - Potpourri