

Grade 8– Arts Education Dance

Relationships

1 hour lesson

Lesson 3

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Outcome CP 8.2 Investigate and use choreographic forms (e.g., theme and variation, canon)

Indicators

d. Use body and actions to innovate ways to develop sequences and ideas.

g. Perform self-created and collaboratively created sequences of movement with smooth transitions during warm – ups and dance compositions.

Creative dance concept –

Relationships – Understand the concepts of working together while sharing weight and counter balancing

Rhythm – Understand the concept of movements connected to an eight count music phrase

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 –

Counter balancing with a partner – Standing toe to toe and holding wrist to wrist lean back and close your eyes while looking at the ceiling.

Review biomechanics of a straight spine and relaxed shoulders. Notice that each partner is reliant on the other to maintain balance.

Knife edge partner balance – Connecting the knife edge of the forearm learn forward to a plank and push the other partner through the space.

Review muscles and bones of the forearm while finding a strong balance point while moving through general space.

2. Exploring the Concept –

Three part dance with three separate and distinct rhythms.

Counter balance – Knife edge balance partner one leading – Knife edge balance partner two leading.

3/4 .Skill Development/Creating

Body Rhythms – Using the basic slap, clap, stomp create a series of eight count phrases that can be repeated with an eight count music phrase.

Using the following actions create your own eight count phrase –

Slap, clap, stomp, kick, lunge, plank, spin, punch

5. Cool Down

Pre K rhymes – ‘Miss Mary Mack’ ‘I Shake My Hands’