Grade 4 – Arts Education Dance
Rhythm and Brain Dance
1 hour lesson
Lesson 1

Outcome CP 4.2 Express ideas using the elements of dance including:

- Actions (identify dance steps such as schottische, polka, grapevine, and step hop)
- Body (body parts leading movements)
- **Dynamics (duration, speed, and force)**
- Relationships (alone, partner, small groups)
- Space (asymmetrical, and symmetrical, creating and recalling pathways)

Indicators

f. Move expressively in time to different time signatures such as 4/4 and ¾

j. Create and recall pathways on the floor and through the air.

Creative dance concept –

Rhythm – Understand the basics of pulse and pattern. Be able to dance in time with the music.

Brain dance concept –

Review the Brain dance as a whole lying on the floor and moving through space.

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.

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

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

3. Skill Development

In a circle –

Two counts of eight that gets faster and slower –

Clap, slap, stomp, stomp X2 (8 counts)
Crossing the circle walking (8 counts)

4. Brain Dance Review

Breath – noticing where my breath goes in my body (check in)

Touch – using the four different types of touch, squeeze, pat, brush, scratch.

Core Distal – X, O

Head Tail – Snake 'hiss'

Upper Lower – Arm circles, frog kicks

Body Side – The book

Cross Lateral – lizard crawl, bear walk

Vestibular – Eye tracking with rolling

5. Cool Down –

Exit Slip: Show me a brain dance action on the floor.