

Grade 6/7 – Arts Education Dance

Key words/questions –

What can I do to help my partner feel safe when he/she is under my care? What does my partner do to help me trust them?

There is no 'I' in the group, each part is dependent on the other

Dance Activities –

Trust Balances

Aids in the development of trust between classmates as well as balance and leg strength.

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.

Chopstick Variations -

Thread the needle with chopsticks

Exercise essential for fine motor skills, listening and sensitivity skills and group building.

Explain how connecting and initiating with body parts creates shapes in both **self and general space**.

Activity done in partners one partner makes a stationary shape while the other threads the chopstick through the negative space. Music stops and dancers move using follow the leader through **general space**. Repeat whole sequence changing roles.

Reflection – What makes a good leader and follower?

Lead and Follow with chopsticks

Activity done in partners, the dancers balance two chopsticks between their index fingers. One partner is the leader (eyes open) one partner is the follower (eyes closed). They experiment with moving through both **self and general space**. Repeat the sequence changing roles. Experiment with moving through levels.

The Blob' with chopsticks

Activity done in a big group with eyes closed. Connect a single chopstick to the palm of the hand and then to the palm of your neighbors hand. Eventually forming a large group attached by chopsticks, try to move 'the blob' around the room without dropping the chopsticks.

Chopsticks in Trios

Three dancers balance three chopsticks between three palms to form a triangle. To make it harder you may balance the chopsticks between body parts such as shoulders, hips or feet. Dancers move together without talking. When the music stops the dancers follow a 'leader' through space. Repeat

Obstacle Course

Basic skill development and strengthening of limbs and core.

Set spots out in a course and get dancers to hop or leap from spot to spot. Add in balancing components on the ends such as a chair or a balance board.

Scattered Square Dance

Music – Soldiers Joy

- 'Promenade a partner' shake right and left hands and face the front.
- 'Swing your partner' hook right then left elbows and turn around
- 'Do-si-do' Pass right shoulders, move around each other back to back and return to original position.
- 'Horse an rider' one dance is behind the other with hands on shoulders.
- 'One goes down and the other goes around' one dancer kneels and the other goes around
- 'Around the flagpole' Turn the partner around the other partner
- 'Circle up four' dance in a circle of four dancers
- 'Right hand star' dance with right hands in the middle
- 'Duck and cover' holding hands one dance ducks under, turning the whole circle inside out, repeat back to start.
- 'Circle up all' whole circle dances all together.
- 'Circle in and out' dance in and out.
- 'Grand round' alternating shaking right and left hands with the person in front of you.