



Lesson: Opposites in Movement!

Artform: Movement

Skill Level: Low

Teaching Artist: Nanci Dorau

LEARNING OBJECTIVES

To learn how the body moves to music. Work on gross motor skills and learn beginner creative dance moves and rhythm and tempo changes.

BACKGROUND INFORMATION AND RESOURCES

Dance is for everyone! Boys and girls, young and old, professionals and beginners, and YOU and ME! Anyone can dance. Turn on the music and just let yourself go! There are many types of dance.

A choreographer is a professional dance teacher who designs or choreographs dances. These dances can be for musical theater, dance recitals, cheerleading squads or more. I am a choreographer. It takes many years of experience to become a good choreographer. But anyone can try and have fun putting a dance together.

MATERIALS

- Computer
- A scarf, towel or men's tie.
- Internet for music and YouTube with parental guidance
- Move furniture to provide an open space or go outside.

ACTIVITIES:

A. Types of Dance:

BALLET	TAP	JAZZ	HIP HOP
BALLROOM	SWING	LATIN	

B. Vocabulary:

1. **DANCE** is to move your body to music or a rhythm.
2. **DIRECTIONS** to move to when dancing include:
 - a. forward
 - b. backwards
 - c. sideways
3. **MOVEMENTS** from one side of the room to the other. Play music with a beat such as Michael Jackson's "Beat It". Try to do each of the below.
 - a. walking
 - b. running
 - c. crawling
 - d. jumping (2 feet)
 - e. hopping (1 foot)
 - f. marching

4. STOP DANCING! GAME:

- a. This is a freeze dance game. Put on your favorite song and start dancing. It doesn't matter what kind of dance you are doing.
- b. Have someone stop the music.
- c. Stop dancing and freeze! Strike a pose!

5. CREATIVE DANCE:

1. Put on some slow soft music. You are going to make up a dance with either a scarf, a towel, or anything that will sway with the music. Dance around and feel good. There are no wrong moves.
2. Now put on music with a funky beat. Show how your dancing changes with a different kind of music.

YouTube videos to watch with parents permission:

1. Justin Timberlake - ***Can't stop the feeling!*** (From DreamWorks Animation's "Trolls") (Official Video) <https://www.youtube.com/watch?v=ruOK8uYEZWw>

2. ***Jerry Mouse and Gene Kelly Dance*** - Anchors Aweigh (1945)
<https://www.youtube.com/watch?v=2msq6H2HI-Y>

ACCOMMODATIONS FOR INCLUDING ALL CHILDREN

If the student uses a wheelchair, you can push them through the movements given. If there is an activity that involves using the hands and this is difficult for the student, use the 'hand over hand' (your hand on top of theirs) or 'hand under hand' (your hand under their hand) technique to guide them through the activity. Students with visual impairment will need the directions and information read to them. Those with hearing impairment may need to use American Sign Language. Lifepoint.com is a wonderful website to learn ASL. Check it out! Those students who are nonverbal may use their speaking devices. Let the student be creative in their own way and encourage them to do the activity only to the best of their own ability. Remember "there is no disability in the Arts" and there is no wrong answer with these lesson plans. Have fun with these activities!

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