

ACTIVITY 5

Elements of Dance

**INTENT:**

Participants practice identifying different elements of dance.

OUTCOME:

Participants observe, practice, and identify the elements of dance in a video.

MATERIALS REQUIRED:

- Elements of Dance PowerPoint slide
- Elements of Dance cards
- Elements of Dance video (Option 1 or Option 2)
- Preschool Curriculum Framework (PCF), Volume 2, p. 106, Table 2.1 Element of Dance



TIME: 15 minutes

PROCESS:**Before Video**

- Using the Elements of Dance PowerPoint slide, explain and model several of the elements of dance.
- Explain the differences between the four categories (body, space, time, and energy):
 - During explanation, invite participants to model some elements of dance.
- Pass out the Elements of Dance cards to the table groups.
- Provide 2-3 minutes for table groups to become familiar with the elements of dance on their card. (PCF, Vol. 2, p.106)
- Re-introduce the video and give participants the following instructions:
 - This time we will be watching for the various elements of dance. When you see an example of the children practicing the element of dance on your card, stand up and hold your card in the air.
 - As we see you stand up with your card, we may pause the video to further discuss that element.

During Video

As participants stand up, pause the video to discuss that element of dance further. Make sure to draw everyone's attention to the specific child practicing that element of dance and have participants think about other opportunities that teachers may have to facilitate that element of dance.

Debrief:

Ask the participants:

- Could you use this activity in your classroom?
- Which dance elements would you choose to focus on in this particular activity with this particular music?
- What would you do before the dancing experience to help children practice these specific elements of dance?
- What would you do during the activity to assist children in practicing these elements of dance?