

Lesson Plan on Place

Target Audience: 6 and 7 year olds

Space: studio

Length of time: 60 minutes

Materials: see props and music lists

Pre-Class Activities

Scarves. Music: Shenanigans - Dance Music for Children

<u>Getting to Know You</u>	<u>Duration</u>	<u>Music</u>
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Name Game	7 minutes	Live singing
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Tell Us Your Name

“Clap your hands, and stamp your feet. Tell us your name and then we’ll repeat.”

An accumulation song with body percussion

<u>Warming Up (Imitation)</u>	<u>Duration</u>	<u>Music</u>
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Warm up	10 minutes	Tracks 8 – 12 from Brain Bop
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Alternate between self space for Sequence patterns and general space for traveling to a new spot.

<u>Intro to Concept</u>	<u>Duration</u>
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Self, General and Empty space	5 minutes
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See, hear, say and do concepts of empty, self and general space. These concepts will be explained using the term “kinesphere”. The children will be invited to draw their own kinesphere around themselves and take their kinespheres out into the general space.

<u>Explore (Exploration)</u>	<u>Duration</u>	<u>Music</u>
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Magic Dot	5 minutes	wood blocks and recorder
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Find a perfect spot. Take a ‘magic dot’ in any color you desire and place that dot on the floor to mark your spot. Practice moving through space and at the sound cue, find your ‘dot’ as quickly as possible. Explore moving through general space at different speeds and levels. Throw your dot to somewhere new – watch carefully where it lands. At the sound cue, find a way to travel to your new place.

Bubble Game

Blow an imaginary bubble around your entire body. Carefully move through space without popping. Find a partner, and create an opening between your bubbles. Move through space as a duo. (Expand to include quartets.....)

Transition: Form flanking lines

<u>Developing Skills</u>	<u>Duration</u>	<u>Music</u>
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Locomotor Movement	15 minutes	Live – drum, wood blocks
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Across the floor: walk on the pulse (forward and backward), side slide with arm swings, scoop/chug skips, narrow as an arrow gallop/chase. Hops (alternating every 4 counts), jumps (coil/spring), leaps (smooth stones across the river, rocket boosters under your buns, brush/push/land)

Reflection (Labeling) – *Which locomotor movements used the uneven beat? Which covered the most ground? Which took the most energy? What do all locomotor movements have in common?*

<u>Resting</u>	<u>Duration</u>	<u>Music</u>
Constructive Resting	3 minutes	Brain Bop #13 & #14

<u>Creating (Creating & Improvising)</u>	<u>Duration</u>	<u>Music</u>
Folk Dances	10 minutes	

1. Simi Yadech, Shenanigan's Children's Dances of Terra Del Zur (Vol. 1)
2. Jump Jim Joe (New England Dancing Masters)

<u>Activity</u>	<u>Duration</u>
Closure	5 minutes

Which parts of Simi Yadech and Jump Jim Joe used self space? General space? What do we have to do when we move through general space? Review activities. What was most challenging? Most fun? What would you like to do again?