

## 5 Part Kindergarten Dance Lesson on Body Parts

\*\*See video resource for full lesson and instruction on each part.

<https://vimeo.com/showcase/8791231>

### *Important terms and concepts*

Levels (high, middle, low)

Body Parts (Parts – Head, neck, shoulders, arms, wrists, elbows, hands, fingers, hips, pelvis, trunk, spine, stomach, sternum, ribs, legs, knees, feet ,toes, heels, ankles, etc.)

### *Props*

Yoga spots

### *Music Selections in google drive*

[https://drive.google.com/drive/folders/1Rv46hNgvyfln6HmqNidAcv5cx8B4x\\_tw?usp=sharing](https://drive.google.com/drive/folders/1Rv46hNgvyfln6HmqNidAcv5cx8B4x_tw?usp=sharing)

Drum + Freeze ABABC Jeff Romanyk

Eric Chappelle When Will I See You Again?

Eric Chappelle 5 Minute BrainDance with narration

### **Arts Ed. Dance**

#### **Outcome CPK.1**

Express ideas through exploration of the elements of dance including:

- action
- body
- dynamics
- relationships
- space.

(e) Move to external beats and rhythms.

(h) Repeat expressive movements and patterns created by self and others.

### **Mathematics**

#### **Outcome PK.1**

Demonstrate an understanding of repeating patterns (two or three elements) by:

- identifying
- reproducing

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- extending
- creating

patterns using manipulatives, sounds, and actions.

- (b) Copy a repeating pattern (e.g., action, sound, colour, size, shape, or orientation) and describe the pattern.
- (d) Create a repeating pattern, using manipulatives, musical instruments, or actions and describe the pattern.

### 1. Warm up – Brain Dance

*Music: Eric Chappelle When Will I See You Again? Or 5 Minute BrainDance with Narration*

\*\*see pages 70 – 81 for BrainDance explanation and variations

1. Breath – tummy and back breathing
2. Tactile – Pat the arms, brush the legs, tap the head, squeeze the fingers
3. Core distal – Reaching out to fingertips and toes and curling into belly button
4. Head/tail – curl forward/back. Wag and shake.
5. Upper/lower – Kick my legs and reach my hands
6. Body side – Dance one side
7. Cross lateral – Cross forward and back
8. Vestibular – spin 5 seconds, breath away the dizzies.

*Reflection:* Can you show me your favorite BD action?

### 2. Exploring the concept – ABABC dance

*Music: Piano + Freeze ABABC or Drum + Freeze ABABC*

A - Figure of 8 on levels with spots

Freeze high shape

B - General space walking figure of 8

Freeze low shape

A – Figure of 8 on levels

Freeze high shape

B – walking 8

Freeze low shape

C – Figure of 8 with different body part

### 3 – Skill development – Head and Shoulders Knees and Toes reversal

Forwards and backwards (saying head but touching feet)

**\*\*this challenges alternative brain pathways, students must create spatial representations of the movement pathways.**

**\*\*brain reversal activities improve focus, problem solving skills and memory recall.**

#### **4. Creating - Create A Dance Map**

Use symbols (drawings) to remember each of the parts.

Make an ABABC dance

*Music: Piano + Freeze ABABC or Drum + Freeze ABABC*

A – Dance on the spot with one body part

B – Dance through general space with one body part

C – Touch three body parts

#### **5. Cool down – Sounding**

Raining 'Shhh' - make the sound of a 'Shhh' while raining fingers from high to low.

Pressing 'Ooo' - make the sound of an 'O' while pressing on your head, legs, shoulders.

Growing 'Eee' - make the sound of an 'E' while growing from a seed to a big tree. Rustle your leaves and sway your branches in the wind.