

## **5 Part Kindergarten Dance Lesson on Place**

### *Important terms and concepts*

Levels (high, middle, low)

Place (self space, general space)

### *Props*

Yoga spots

### *Music Selections in google drive*

[https://drive.google.com/drive/folders/1Rv46hNqvyfIn6HmqNidAcv5cx8B4x\\_tw?usp=sharing](https://drive.google.com/drive/folders/1Rv46hNqvyfIn6HmqNidAcv5cx8B4x_tw?usp=sharing)

When will I see you again? Eric Chappelle

BrainDance with Audio Eric Chappelle

Drum + Freeze AB Jeff Romanyk

### *Video resources for part 1 + 5*

*BrainDance:*

*Rhymes on chair:* <https://vimeo.com/572372944>

*Rhymes on floor:* <https://vimeo.com/572317108>

*Standing:* <https://vimeo.com/572384420>

*Sounding:* <https://vimeo.com/572376651>

## **Arts Ed. Dance**

### **Outcome CPK.1**

Express ideas through exploration of the elements of dance including:

- action
- body
- dynamics
- relationships
- space

### **Indicators**

(d) Share dance ideas and movement responses with other children.

(i) Use different kinds of locomotor (travelling) and non-locomotor (non- travelling) actions to express ideas.

(k) Recall the dance space is called general space and personal space is called self – space.

### **PhysEd. PEK.5**

Vary, with guidance, the movement of the body through changes in:

- space (personal space, general space, levels, directions, and pathways)
- effort (time and speed)
- relationships (body parts and shapes).

## Indicators

(b) Recognize and respond to movement vocabulary.

(f) Move in personal space and general space with various body parts.

### Introduction – Spelling (upper, lower case)

A S H L E Y

A – High shape

S – Balancing shape

H – High level shape, lower case ‘h’ – middle level shape

L – With arms, legs, fingers, lower case ‘l’ – body, arm, finger

E – one large stick, three small sticks, E – sitting (low level shape)

Y – Sitting, what are the different ways you can make a Y?

### 1 – Warm up - Brain Dance

*Music: When will I see you again? or BrainDance with Audio*

*Video resources for BrainDance:*

*Rhymes on chair: <https://vimeo.com/572372944>*

*Rhymes on floor: <https://vimeo.com/572317108>*

*Standing: <https://vimeo.com/572384420>*

1. Breath – inflating the body as a balloon
2. Tactile – brush down the body, pat up the body, squeeze down the body, tickle up the body
3. Core Distal – X and O, change the directions with each X and O.
4. Head Tail – one hand on your head one hand on your tail, move apart and together, wiggle one and the other, wiggle both.
5. Upper lower – Dance upper (swimming) dance lower (marching)
6. Body side – open and close a book
7. Cross lateral – cross in front, cross in back
8. Vestibular – spinning for 5 seconds and breathing

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

### 2. Exploring the Concept - Self and General space

*Music: Drum + Freeze AB*

Slice your body in half paint the top half blue and the bottom half red.

Dance the top half on your spot

Dance the bottom half around the space

Self space is your personal space  
General space is the space around the room – travelling.

*Reflection:*

Can you show me self space? Curvy shapes with your arms  
Can you show me general space? Creeping high, middle, low

### **3. Skill Development** – Learning a dance to the tune of *Frere Jacques*

Now I'm bouncing now I'm bouncing, Jump Jump Jump.  
Spinning spinning spinning spinning spinning spinning  
Make a high shape, make a low shape.

### **4. Creating** – singing the tune of *Frere Jaques*

Can we make a dance together?  
Can you make a dance with your teacher?

Use the tune of *Frere Jaques* and learn new dance actions.

Here is an example:

*Now I'm crawling, now I'm crawling.*  
*creep, creep, creep. Creep, creep, creep.*  
*Skipping, skipping, skipping. Skipping, skipping, skipping.*  
*Now I kick. Now I kick.*

Go to page 139 in Brain Compatible Dance Education for a cheat sheet of movement skills.

*Reflection:* What actions were in general space/self space?

### **5. Cool down** – Sounding

video resource: <https://vimeo.com/572376651>

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.