

~Week at a Glance: Week 2~

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Grade	Objective/ Standard	Vocabulary	Song/ Activity
1	<p>I can move my BODY in different ways in my personal space. <i>1.4 Perform simple movements in response to oral instructions (e.g., walk, turn, reach).</i></p>	<p>Plie: To bend at the knees “Low to the Floor” Body (“B”): Your personal self. The dancer’s instrument! Pose: A frozen shape made with your body in space. (Like a statue)</p>	<p>★ Warm Up: <i>Stretch Song</i> by Christopher Tyler, <i>Follow Directions</i> by Mark D. Pencil ★ Activity: Name “initial activity” with body ★ Dance: <i>Who Let the Dogs Out VAPA Edit</i></p>
2	<p>I can use my BODY to perform a variety of locomotor and axial movements. <i>1.5 Name a large number of locomotor and axial movements used in dance.</i></p>	<p>Plie: To bend at the knees “Low to the Floor” Locomotor: Movements that travel (hop, skip, jump, slide) Axial: Moving your body around an axis without traveling (swing, twist, reach, bend) Body (“B”): Your personal self. The dancer’s instrument!</p>	<p>★ Warm Up: <i>What You Working With</i> by Gwen Stefani and Justin Timberlake ★ Activity: Across the Floor “Body” Activity, Axial and Locomotor Movements ★ Dance: <i>Dynamite</i> by Taio Cruz</p>
3	<p>I can create 4 shapes using different levels with my body. <i>2.4 Create a wide variety of shapes and movements, using different levels in space.</i></p>	<p>Space- The dancer’s area around their body and the shapes and levels they make in it! Levels: The height of a dancer's body in the space around them. High, low, sitting, standing. Shape: The positioning of the body in space. Example: curved, straight, twisted Releve-”to rise”. Rise up on one or two feet from plie</p>	<p>★ Warm Up: Across the Floor -Side Shuffle at different levels ★ Activity: Space Shapes ★ Dance: “I don’t Dance” (Baseball Dance)</p>
4	<p>I can use levels, shapes, and transitions in my dance movement. <i>1.2 Demonstrate the ability to use smooth transitions when connecting one movement phrase to another.</i></p>	<p>Space: The dancer’s area around their body and the shapes, levels, pathways, and formations they make in it! Transitions: connecting one section of movement to another, utilizing specific steps to travel Formation: set positions of dancers in the space (circle, diamond, line, V, two lines, etc.)</p>	<p>★ Warm Up: Review energy qualities ★ Activity: Across the floor transitions ★ Dance: <i>Whoop There it Is</i> from Disney Mickey Mouse and Donald Duck</p>
5	<p>I can use variety of spatial qualities to perform 4 action movements in a hip hop dance sequence. <i>1.3 Demonstrate a greater dynamic range in movement utilizing space, time, and force/energy concepts.</i></p>	<p>Space: The dancer’s area around their body and the shapes, levels, pathways, and formations they make in it! Action (“A”): A physical or gestural movement. Also can be an everyday movements such as walking.</p> <ul style="list-style-type: none"> • Axial: Moving your body around an axis without traveling or leaving the floor (swing, twist, reach, bend). • Locomotor: Movements that travel (hop, skip, jump, slide). 	<p>★ Warm Up: Hand Clap/ B.E.A.S.T. ★ Activity: Across the floor: Action movements using general space ★ Dance: <i>Perm:</i> VAPA Dance edit</p>