

~VAPA DANCE Week at a Glance: Week 3~

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Grade	Objective/Standard	Vocabulary	Song/ Activity
1	<p>I can use different types of energy in my axial and locomotor movements. <i>1.1 Demonstrate the ability to vary control and direct force/energy used in basic locomotor and axial movements (e.g., skip lightly, turn strongly, fall heavily).</i></p>	<p>Energy (“E”): HOW we move. The use of force, tension, and weight. 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>	<ul style="list-style-type: none"> ★ Warm Up: • 24K by Kidz Bop ★ Activity: <i>Locomotor/Axial Energy Movement Playground</i> ★ Dance: <i>The Exercise Game</i> By Mark D. Pencil and Friends
2	<p>I can compare and contrast the energy used in two dances. <i>4.3 Describe the similarities and differences in performing various dances (e.g., direction changes, steps, type of energy and tempo).</i></p>	<p>Energy (“E”): a dance element that focuses on the weight, texture and flow of movement. (<i>examples; float, swing, sudden, smooth, sharp, percussive, vibratory, explosive</i>). Compare: Similarities Contrast: Differences</p>	<ul style="list-style-type: none"> ★ Warm Up: • <i>Dynamite</i> by Taio Cruz (VAPA Edit) ★ Activity: <i>Energy qualities</i> ★ Dance: <i>The Catfish Dance</i> By Christopher Tyler
3	<p>I can use 2 different tempos, pathways, and locomotor movements to solve a movement problem. <i>1.4 Expand the ability to incorporate spatial and time concepts in movement problems (e.g., select and combine three locomotor movements traveling in three different pathways and using three different tempos)</i></p>	<p>Time: The speed and rhythm of the music. Tempo: How fast or slow the music goes. Locomotor: Movements that travel (hop, skip, jump, slide) Pathways: patterns created on the floor by the body as a dancer moves in and through space</p>	<ul style="list-style-type: none"> ★ Warm Up: • <i>Whole body warm up.</i> ★ Activity: Across the floor movement problems
4	<p>I can use varied tempos in my movements to convey different meanings. <i>1.3 Demonstrate increased range and use of space, time, and force/energy concepts (e.g., pulse/accents, melt/collapse, weak/strong).</i></p>	<p>Time: The speed and rhythm of the music. Tempo: How fast or slow the music goes. Accent: A strong movement or gesture.</p>	<ul style="list-style-type: none"> ★ Warm Up: • <i>Whole body warm up</i> ★ Activity/Dance: Across the floor; Tempo/Accent activity
5	<p>I can use varied tempos and rhythms to convey a range of emotions. <i>1.3 Demonstrate a greater dynamic range in movement utilizing space, time, and force/energy concepts.</i></p>	<p>Time: The speed and rhythm of the music. Tempo: How fast or slow the music goes. Rhythm. The pattern produced by emphasis and duration of notes in music.</p>	<ul style="list-style-type: none"> ★ Warm Up: • <i>PERM/Hand Clap</i> ★ Activity: Across the Floor: Timing ★ Dance: Group Collaboration

