

Creative Movement



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Basic Dance Actions:
Travel, Turn, Jump,
Stillness, Gesture

Directions:
Forwards, Backwards,
Sideways, **Move away from**, **Move towards**

Levels:
High, Medium, Low,
Lying, Kneeling,
Standing, Jumping

Pathways:
Straight,
Wiggly, Circular,
Triangular

Apply these actions to fit the dance idea:

Crawl, Crawling Soldiers, Walk, Foxes, Running, Jumping, Body Awareness, Angry Cat, Straight, Star, Balance on One foot, Climb, Push an object, Log Roll, Hopping, Pulling an Object, **Leaping**, **Galloping**, **Skiping**, **Lunging**, **Dodging**

what

As they become more skilful

Possible outcomes:

- Express ideas through a range of movements
- Link a series of actions together with some fluency to create a dance phrase
 - Repeat phrases
- Include moments of stillness and gesture to enhance expression
- Communicate ideas, moods and feelings clearly to others through their dance activities
- Recognise similarities and differences between their own practical work and that of others; using communication skills to describe what they feel or think about them

where

Spatial Awareness:

Correct body part, in the right place
Stationary 'bubble' and moving 'bubble' start and stop on command

Beginning to develop an awareness of personal safety

Beginning to make adjustments to own movements to ensure remain safe

Beginning to explore boundaries

Moving bubble with increasing awareness of others, work safely in a space, keep within garden boundaries

Take increasing responsibility for setting out own garden

Show increasing awareness of space away from others in which to work safely and with increasing control

Dynamics:
Big, Small, Strong, Weak, Smooth, Slow, Jerky, Fast

Choreographic Devices:
Unison, Canon, Repetition

Quality:

Developing increasing control

Show improved balance and coordination

Show increasing control and coordination

Move with increasing confidence

Use and develop skills with improving coordination and control

Show improved tension, clearer shape and some fluency

how

with

...What:
Props

Items used as integral part of movement/dance

... Others:

Individually, with a partner, in a group, or as a group

Spatial Arrangements or Formations:

Side by side, One in front of the other, Close to, In a circle, Away from, Face to face, Back to back