

Shannon Buck | Session 1:

Dance Vocabulary and Warmup Techniques

List of Required Supplies: Paper, pencils, cleaning supplies as needed

Space/Facility Requirements: Table space, floor space

Student Time Required: 45 to 55 minutes

Step-by-step Instructions:

Students will be introduced to the dance vocabulary words. A pre-assessment will be handed out with the words only. Students will be asked to write down their definition of what the terms might be. Afterwards, they will keep their pre-assessment and will be given the vocabulary and definitions handout. The instructor will read the words and definitions aloud. The instructor will ask the students to volunteer to give examples, based on their own knowledge, of how they can describe it (using the pre-assessment as a reference point). This can lead to a student-led classroom that encourages students to take the lead and further develop their learning skills and coop activities.

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Pre-Assessment Dance Vocabulary Quiz

Please Define The Following Terms:

Non-Locomotor _____

Locomotor _____

Dance _____

Exercise _____

Choreography _____

Balance _____

Choreographer _____

Movement Pattern _____

Rhythm _____

Name The Four Elements Of Dance:

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Dance Vocabulary

Non-Locomotor: Movements that involve little or no movement.

Locomotor: Movements that involve the body from one place to another.

Four Elements of Dance:

Body

Space

Energy

Time

Dance: A performance art form that uses the human body with energy through space and time.

Exercise: Body activity that enhances or maintains physical fitness for overall health and wellness.

Choreographer: One who creates and invents dances.

Choreography: The actual steps, groupings, and patterns of a dance work. The movement material itself.

Balance: Ability of the dancer to maintain an upright and controlled position of the body, whether in movement or still.

Movement pattern: A repeated sequence of movement ideas, a rhythmic movement sequence, a spatial design on the floor or in the air, or a specific relationship or grouping of people.

Rhythm: The pattern produced by emphasis and duration of notes in music.