

Grade 3 Dance: Anchor Chart - The Elements of Dance**Body**

- Parts
- Shapes

Space

- Personal Space/General Space
- Size
- Level
- Direction
- Pathway
- Focus

Energy

- sharp (sudden)/smooth (sustained)
- strong/light
- free/restrained

Time

- fast/slow
- rhythm

Relationships

- between body parts
- between dancers
- between dancers and objects
- alone/connected
- mirroring/shadowing
- unison/contrast
- over/under, around/through, on/off