

ELEMENTS OF DANCE

Elements of Dance	Examples
Body	Using different body parts (e.g. head, shoulders, hips, legs, arms etc.) Making body shapes (e.g. balanced/unbalanced; symmetrical/ asymmetrical, curved/ angular shape)
Space	Pathways, direction, positive vs. negative space, various group formations
Time	Tempo, rhythm, pause, stillness, acceleration/deceleration
Energy	Effort, force, quality (e.g. punch, thrust, float, collapse, wiggle)
Relationship	Dancers to props/objects and to each other (e.g. In front of, inside, over, around), meet/part, follow/lead

(see The Ontario Curriculum, The Arts, Grade 4, p. 100)