

Grade 8 Dance: Bodystorming with the Elements of Dance

Have students walk around the room and experiment with the five elements of dance. You may want to call out the components of each element one at a time (e.g.: skip, make a curvy shape, show me a low level etc) or combine them (e.g.: Skip backwards at a medium level) depending on the comfort level of your students. As an option, you may want to play music while the students are bodystorming. This may be particularly helpful when students are experimenting with the element of time.

Body

Body Shapes (using the whole body, or isolating one body part)

- Curvy shape
- Open shape
- Closed shape
- Twisted shape
- Stretched shape
- Symmetrical shape
- Asymmetrical shape

Locomotor Movements

- Run
- Walk
- Skip
- Gallop
- Crawl
- Leap

Non-locomotor Movements

- Stretch
- Spin
- Wave
- Twist
- Turn on the spot
- Kick

Body Bases

- Feet as body base (standing)
- Hand and knees as body base (crawling)
- Back as body base (lying on their backs)

Space

Levels

- High
- Medium

- Low

Pathways (on the floor or in the air)

- Straight
- Curvy
- Zigzag

Direction

- Backwards
- Forwards
- Diagonal
- Sideways
- Up
- Down

Time

Tempo

- Slow
- Fast
- Acceleration
- Deceleration

Metre

- 2/4 time
- 3/4 time
- 4/4 time
- 6/8 time

Rhythm

- Syncopated
- Even
- Uneven
- Freeze
- Repeated
- Accent

Energy

Quality

- Exploding
- Bouncing
- Shaking
- Melt
- Erratic
- Cautious

Force

- Heavy
- Light
- Sustained
- Bound
- Flowing (fluidity)

Effort

- Pressing
- Gliding
- Sink
- Twitch
- Slump
- Flick
- Poke
- Bend
- Shiver

Relationship

- Solo
- Duet
- Trio
- Meet/Part
- Follow/Lead
- Mirroring