

Movement elements
Body activities

**Locomotion** – running, skipping, jumping etc.

Space – personal and general levels, pathways, shapes

**Dynamics** – fast/ slow, strong/light, sustained

Relationships

Individual, small group, large groups, solo, duet, trio.

Choreographic forms

Beginning, middle, end.

Multi arts Music –

percussion, humdrum, tambour, glockenspiel, bells, rhythm sticks etc. Recorded music Drawing, visual stimuli

**Props** – materials, ribbons, lycra bags