

DANCE – SKILLS DEVELOPMENT

Warm up



Warming up, stretch, rise, collapse



Drawing, telling



Twirl, swirl, whirl

Body part articulation and quality of movement



Body thinking



Bumping, lumping, clumping together



Body part articulation and quality of movement

Run and shoot, spin and sparkle



Running, shooting, disappearing



Body parts making points, close to the floor



Turning, whirling, twirling

Leaping



Running, leaping arms wide shooting out



Leaping – forward motion, stretched arms and extended body



Leaping



Arm movements – outstretched arms



Lifting and lowering of arms



Rolling – into centre and out

Move and be still



Rolling and rising – whirling, twirling, shapes



Mole movements – burrowing, making hump shapes, rolling, moving, changing directions



Whirling, twirling, star shapes – silence

Direction changes



Floor movements – rolling, rising, whirling



Running/walking – change direction



High and low shapes

Star is born



Lumping, clumping, bumping, burrowing



Awareness of the form



Cooperation: 'it's when everyone is doing the same thing' – Ivy



Moving into the space, making star shape



Tunnelling on the sound of the drum



Leaping: body awareness

Creating, responding, performing for families



Making shapes:
moving/stillness



Jumping: listening to cues in
the music



Shapes: high, low, middle

Posture and gesture



Skilled body control: rolling –
slow, rolling rocks



Stillness: round, tight shapes



Waltzing, skipping, swaying,
swirling, twirling

Shapes with accompanied sound of voice



Rolling with material and rock
formations



Skipping, swaying, arm
gestures



Changing weight from one
foot to the other – flitting
from one pace to another –
Light and Fast

Sequencing movements



Skipping, collapsing, rolling, rising, stretching



Moving as a group in the space



Relating to the stationary tree & fireflies landing on it

Phrasing of movements with stillness – punctuating the movements



Gymnastic style of relating group cohesion



Entering the space, then move and join



Talk through body part relaxation to reinforce the importance of finding a still place within your body



Light and fast, moving and stillness – connected as a group



Capacity to lead the rest of the group – self regulation & comprehension of requirement



Move and stop – overall awareness of others in the space



Development of individual movements: Ivy – rolling dance, holding feet and rolling over & over



Role of audience & the idea of "Learning by looking"



Low level floor creeping, crawling, backside shuffle, moving forwards on knees



Signature dances emerging



Child initiated movements



High energy dances



Children's distinctive dancing styles



Spinning cocoon



Arm gestures, stretching, elongating body



Articulating body parts, open and close



Extending the torso: bending, balancing, turning



Curving, weaving, changing directions, changing leaders

Cognitive engagement



Ability to understand and find full dynamic range



Express ideas non-verbally and make sense of time & space



Make strategic, discriminatory choices



Improvising, exploration, experimentation



Open and close, wrap and un-wrap



Peer on peer mentoring, creative process, self assessment

Spontaneous solo



Rolling with legs tucked up and emerging from closed – travelling



Sequence and pathways: clear beginning to performance



Shapes in space: controlled movements



Physical and rhythmic expression



Personal dances/relationships: emotional connections



Exploration of dynamic variations: very strong = very light



Interpret music through hand and arm gestures

Explore movements in an interpretation of the sound track through improvisation

Interpret sound differences: hard and soft music

Breaking down skill development



Closed shapes, slow opening



Flying, lifting, swooping, catching



Stretching and balancing



Chest and arm extension



Developed collaborative skills, clear understanding, still and clear starting shapes and improvisation



Tumbling, rolling, flipping, head stands, somersaults: pushing the boundaries of the physical perspective



Slow forwards walking contrasted by leaps, jumps and falls



Social play and group improvisation without words



Improvisation



Social play and seeking partnership



Sequences and repetitive dances



Physical capabilities and creativity



Development of individual dance sequences and themes



Careful thinking process and balancing technique



Combining choreography



Thoughtful development of movements



Development of physical skills, language skills and creative thinking skills



Development of dance techniques and spatial awareness



Deep level of engagement



The creation of personal dances that are both expressive and evoke an emotional feeling or response from the deep level of engagement audience