



DANCE, SHAPES, SOUNDS, AND SEQUENCES

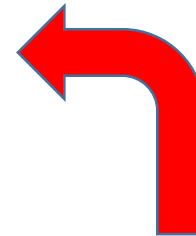
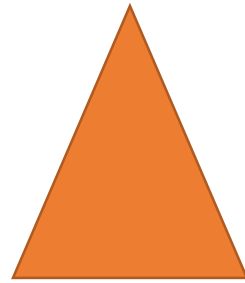
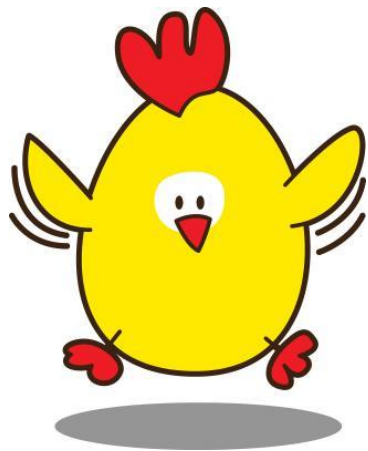
CREATING DANCE SHAPES CAN BE FUN WITH YOUR STUDENTS WHEN YOU INCORPORATE THEM WITH MUSIC AND SEQUENCES. EACH MOVE CAN BE CREATED AS A CLASS OR AS DIRECTED BY INSTRUCTOR SO THAT WHEN THEY HEAR SPECIFIC SOUNDS THEY CAN DANCE IT OUT. EACH SOUND SEQUENCE CAN BE PRE-PLANNED AND OR MADE ON THE SPOT ONCE THE STUDENTS KNOW WHAT SOUND GOES TO THE SHAPE. REMIND STUDENTS TO ALWAYS HAVE FUN AND TO DANCE IT OUT 😊

Introduction: It is always important to warm students up so you can guide them or play a quick game of freeze dance.

After, let the students hear the sounds you have chosen prior to class. You can have a maximum of up to seven sounds depending on the level of the class. Some great sounds can be chickens, a door closing, drums, etc... Whatever the sound is allow the sounds to happen spontaneously and let them have fun.

Middle: Next, create the dance shape as a class or the instructor can teach the students the dance shape. However, it is best to go through the sound and shape repeatedly to practice listening and reacting after the noise ends. An example can be hearing a chicken go “bok bok” and relating the chicken noise coming from a chicken beak that becomes a triangle shape because of the beak. You can be as literal or as abstract in creating the dance moves but let your kids have fun.

End: Once you have gone through all your shapes and sounds. Allow your students to have fun by either speaking out a verbal sequence and or playing a set playlist of musical sounds that allow them to dance out the sequences. You can further develop this game as well by using the dance moves as a combination for students to do a flash mob together.



1st Left Arm: Shoot left arm up diagonal center

2nd Right Arm: Shoot right arm up diagonal center

3rd Jump up with your hands pointed up in a triangle



Step out with the left foot and left arm up. Repeat on the right side as well. Ask student to imagine that they are tracing a rectangle around them. They should jump up after their left and right side. When they jump up have them clap their hands and feet together to trace the tops and bottom of the rectangle. It should be a 1,2,3 count