

Dance Element: LEVEL

Description: Movement and making shapes with our body can take place on many different levels where our body/body parts are different distances from the floor – near, far, or somewhere in between. From our hips to our toes is low-level space; from our hips to our shoulders is middle-level space; and everything above our shoulders is high-level space.

Vocabulary:

Subject (*noun*): LEVEL

Descriptive words (*adjectives*):

High, middle (5yrs+), low level movement / shapes

Suggested action words (*verbs*):

Non-Locomotor Movement: *bend, melt, fall, rise, sink*

Locomotor Movement: *tiptoe, creep, slither, crawl, roll*

Cinquain for LEVEL

Levels

(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(5 word phrase)

Levels

(*synonym*)

Dance Element: SIZE

Description: Size or range means how close or far apart one thing is to another. When our arms and legs are stretched far away from our stomach, we are making a big size shape. When our arms and legs are near our stomach, we are making a little size shape. When we stretch our arms and legs halfway between big and little, we are making a medium size shape. Little means close together (near reach), and big means far apart (far reach). We can make big size shapes and big size movements (giant steps). We can make little size shapes and little size movements (tiptoe).

Vocabulary:

Subject (*noun*): SIZE

Descriptive words (*adjectives*):

Big, medium (5+), and little size movement/shapes

Suggested action words (*verbs*):

Non-Locomotor Movement: *flick, stretch, wiggle, twitch, grow, explode, shrink, shiver, burst, contract, curl, lunge*

Locomotor Movement: *leap, giant steps, tiptoe*

Cinquain for SIZE

Size
(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(5 word phrase)

Range
(*synonym*)

Dance Element: DIRECTION

Description: Direction means the direction the body is traveling in relationship to itself. There are six directions: forward, backward, side right, side left, up, and down. When we move forward, the front surface of our body leads. When we move backward, the back surface of our body leads. When we move sideways, the side surface of our body leads. When we move up, our head or top surface leads. What part of our body moves when we move down?

Diagonal: A diagonal movement is a movement that combines 3 directions simultaneously: up/side/forward; down/side/forward; up/side/back; or down/side/back. Diagonals in space involve traveling from corner to corner in a room.

Vocabulary:

Subject (*noun*): DIRECTION

Descriptive words (*adjectives*):

Forward, backward, side (right), side (left), up, down

Front, back, top, bottom

Suggested action words (*verbs*):

Non-Locomotor Movement: *rise, sink, melt, push, pull, poke, punch*

Locomotor Movement: *jump, slide, roll*

Cinquain for DIRECTION

Direction

(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(5 word phrase)

(*synonym*)

Dance Element: PATHWAY

Description: Pathway refers to the lines or paths we make with our feet when we walk. If we had paint on our feet, our footprints would form a pathway that could be described as a straight, curved, or zigzag pathway.

Vocabulary:

Subject (*noun*): PATHWAY

Descriptive words (*adjectives*):

Curved, straight, zigzag

Suggested action words (*verbs*):

Non-Locomotor Movement: *turn, whirl, dodge, push*

Locomotor Movement: *gallop, jump, run*

Cinquain for PATHWAY

Pathway

(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(*5 word phrase*)

(*synonym*)

Dance Element: ENERGY—Dynamics

Description: Energy refers to how we can move our muscles. Smooth refers to how we might play a violin with sustained sounds. Sharp refers to how we might play a drum to create percussive sounds.

Vocabulary:

Subject (*noun*): ENERGY

Descriptive words (*adjectives*):

Smooth, continuous

Sharp, sudden

Suggested action words (*verbs*):

Non-Locomotor Movement: *shake, swing, flick, float, slash, swirl, sway, wave*

Locomotor Movement: *grapevine, jump, gallop, hop*

Cinquain for ENERGY—Dynamics

Energy

(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(5 word phrase)

Dynamics

(*synonym*)

Dance Element: ENERGY—Flow

Description: Energy refers to how we can move our muscles. Flow refers to whether the movement is free or bound. When you turn the water faucet on, the water flows *freely* into the sink or tub. When you turn the faucet off, the water stops; it is “held” or controlled. You can move freely like the water flowing out of the faucet, or you can stop and control or bind your movement.

Vocabulary:

Subject (*noun*): ENERGY

Descriptive words (*adjectives*):

Bound

Free

Suggested action words (*verbs*):

Non-Locomotor Movement: *swirl, float*

Locomotor Movement: *fly, roll, march, stomp, run*

Cinquain for Energy—Flow

Energy

(*noun*)

_____ , _____
(*adjective*)

(*adjective*)

_____ , _____ , _____
(*verb*)

(*verb*)

(*verb*)

(5 word phrase)

Flow

(*synonym*)

Dance Element: ENERGY—Weight

Description: Weight refers to how we contract or relax our muscles. Weight can be strong if we contract our muscles and use many muscles to do the movement. Weight can be light if we relax our muscles and use fewer muscles to do the movement.

Vocabulary:

Subject (*noun*): WEIGHT

Descriptive words (*adjectives*):

Strong

Light

Suggested action words (*verbs*):

Non-Locomotor Movement: *press, float, pull, flick, twitch, glide*

Locomotor Movement: *tiptoe, creep, stomp*

Cinquain for ENERGY—Weight

Weight

(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(5 word phrase)

Force

(*synonym*)

Dance Element: RELATIONSHIP

Description: Relationship is the connection between people or things. We can explore the relationship between body parts (hand over head); the relationship between two people (standing in front of someone); or the relationship of our body to a prop. Relationship includes explorations of mirroring and shadowing.

Vocabulary:

Subject (*noun*): RELATIONSHIP

Descriptive words (*adjectives*):

Alone, apart

Together

Suggested prepositions of movement (*prepositions*):

On/off, over/under, around/through, beside/between, above/below, near/far, in/out, together/apart

Cinquain for RELATIONSHIP

Relationship

(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(*5 word phrase*)

Connection

(*synonym*)

Dance Element: TIME—Tempo

Description: Tempo refers to how quickly or slowly a movement is performed.

Vocabulary:

Subject (*noun*): TEMPO—SPEED

Descriptive words (*adjectives*):

slow, medium, fast

Suggested action words (*verbs*):

Non-Locomotor Movement:

- (3-5yrs): *bend, shake, flick, poke, twist, turn, sway, punch, stretch, push, pull, rock, freeze, swing, tip, bounce, melt, clap, balance, kick, fall, float, wiggle, stillness*
- (6-8yrs): *lunge, rise, twitch, carve, dab, sink, jab, sway, slash, grow, explode, spiral, glide, shrink, shiver, burst, dodge, contract, spin, whirl, curl*

Locomotor Movement:

- (3-5yrs): *crawl, slither, run, gallop, creep, fly, slide, roll, tiptoe, skip (age 4+), walk, leap, march, jump, stomp, hop*
- (6-8yrs): *prance, grapevine (8+), triplet, step-hop, skate, waddle*

Cinquain for TEMPO

Tempo

(*noun*)

(*adjective*)

(*adjective*)

(*verb*)

(*verb*)

(*verb*)

(5 word phrase)

Speed

(*synonym*)

Dance Element: TIME—Rhythm

Description: Rhythm refers to the flow of the movement. We can move to an even rhythm or pulse. Often referred to as a steady beat, it can be fast or slow. We can also move to an uneven rhythm. Breathing is an example of an uneven rhythm. You can take long breaths and short breaths. We can also create patterns by mixing up different speeds, such as: slow, quick, quick, slow.

Vocabulary:

Subject (*noun*): RHYTHM

Descriptive words (*adjectives*):

Pulse, breath, pattern

Suggested action words (*verbs*):

Non-Locomotor Movement:

- (3-5yrs): *bend, shake, flick, poke, twist, turn, sway, punch, stretch, push, pull, rock, freeze, swing, tip, bounce, melt, clap, balance, kick, fall, float, wiggle, stillness*
- (6-8yrs): *lunge, rise, twitch, carve, dab, sink, jab, sway, slash, grow, explode, spiral, glide, shrink, shiver, burst, dodge, contract, spin, whirl, curl*

Locomotor Movement:

- (3-5yrs): *crawl, slither, run, gallop, creep, fly, slide, roll, tiptoe, skip (age 4+), walk, leap, march, jump, stomp, hop*
- (6-8yrs): *prance, grapevine (8+), triplet, step-hop, skate, waddle*

Cinquain for Rhythm

Rhythm

(*noun*)

_____, _____
(*adjective*) (*adjective*)

_____, _____, _____
(*verb*) (*verb*) (*verb*)

(5 word phrase)

Music

(*synonym*)

Dance Element: SHAPE

Description: Shape refers to the lines we see in our body when we make a shape. Our body can make shapes that have straight lines (such as making our arms and legs straight). Our body can make body shapes that have curved lines (such as curving our arms or bending our back). Our body can make angular lines (such as bending arms and legs). Our body can make twisted shapes (such as by twisting our torso). We can also make shapes that are symmetrical and asymmetrical (6-8+yrs).

Vocabulary:

Subject (*noun*): SHAPE

Descriptive words (*adjectives*):

Curved, straight, angular, twisted

Suggested action words (*verbs*):

Non-Locomotor Movement

- (3-5yrs): bend, shake, flick, poke, twist, turn, sway, punch, stretch, push, pull, rock, freeze, swing, pull, tip, bounce, melt, clap, balance, kick, fall, float, wiggle, stillness;
- (6-8yrs): lunge, rise, twitch, carve, dab, sink, jab, sway, slash, grow, explode, spiral, glide, shrink, shiver, burst, dodge, contract, spin, whirl, curl

Locomotor Movement:

- (3-5yrs): crawl, slither, run, gallop, creep, fly, slide, roll, tiptoe, skip (age 4+), walk, leap, march, jump, stomp, hop
- (6-8yrs): prance, grapevine (8+), triplet, step-hop, skate, waddle

Cinquain for Shape

Shape

(*noun*)

(*adjective*)

(*adjective*)

(*verb*)

(*verb*)

(*verb*)

(5 word phrase)

Body

(*synonym*)