



ARTS EDUCATION BRANCH

CONTINUITY OF LEARNING: DANCE

Below are video lessons being offered in our continuity of learning, arranged by grade level. Each entry in the table of contents provides information on the skill, objective, vocabulary, and teacher. Please click on the link of the desired lesson to be redirected to the video. Thank you, and enjoy!

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PRE-K

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Body: Motion	Ss will be able to move through the eight Braindance patterns using Nursery Rhymes and other stimuli while sitting on the floor & variation on a chair, too.	Self Space	Gaby Mendoza	Here

KINDER

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Body: Body Parts	Ss will be able to demonstrate moving different body parts based on various cues.	Body Parts Whole Body	Ashley Rogers	Here
Lesson #2	Space: Body Shapes	Ss will design body shapes that show lines and change levels.	Body Shapes Line Level	Beverly Pradel	Here
Lesson #3	Time: Rhythm	Ss will explore locomotor movements with changing rhythm.	Locomotor Rhythm	Virginia Marrin	Here

1ST

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Space: Spatial Relationships	Ss will be able to explore and perform movements in spatial relation (prepositions) to a prop inspired by a selection from children's literature.	Prepositions: Over/Under Beside/Next to Around Through	Lynda McNamara	Here
Lesson #2	Space: Directions	Ss will be able to perform movements in different directions.	Directions: Sideways Up Down Forward Backwar	Alison Juarez	Here

2ND

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Time: Steady Beat	Ss will be able to move to a steady beat.	Steady Beat	Joy Downing	Here
Lesson #2	Time: Duration and Tempo	Ss will explore duration and tempo using both locomotor and non-locomotor movements.	Tempo Duration	Anna Castillo	Here
Lesson #3	Space: Shapes	Ss will be able to create a shape dance using straight and curved lines.	Shapes Lines Curved Straight	Rachelle Belkin	Here
Lesson #4	Energy: Movement Qualities	Ss will explore movement qualities using imagery of the ways in which water moves.	Smooth Sharp	Nicole Currie	Here

3RD

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Space: Shape Symmetry & Asymmetry	Ss will explore symmetry and asymmetry in body shapes inspired by natural images.	Symmetry Asymmetry	Mary Spinney	Here
Lesson #2	Energy: H'Doubler's Six Movement Qualities	Ss will be introduced to and explore the H'Doubler's six movement qualities.	Swing Sustained Percussive Vibratory Suspend Collapse	Vage Webb	Here
Lesson #3	Body: Movement Pattern	Ss will learn a dance movement pattern from a specific culture.	Pattern	Kristina Braza	Here
Lesson #4	Body: Sequence of Actions	Ss will learn a movement sequence with a beginning, middle, and end.	Sequence	Raquel Vargas	Here

4TH

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Energy: Contrasting Movement Qualities (Principle of Design)	Ss will explore and apply the principle of contrast to create a movement sequence based on contrasting movement qualities.	Contrast	Rachelle Belkin	Here
Lesson #2	Body: Movement Phrases	Ss will learn movement phrases based on a specific concept of dance.	Phrase	Lisa Smith	Here
Lesson #3	Body: Movement Sequence	Ss will create a dance sequence in the style of pop locking, document their movements, and perform them.	Sequence	Toby Smith	Here
Lesson #4	Body/Time: The Choreographic Process; Springing	Ss will apply the choreographic process to create a rhythmic pattern using springs.	Choreographic Process Springing Rhythmic Pattern	Peggy Nguyen	Here

5TH

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Body: Gestures	Ss will create a dance study that communicates ideas and or feelings through gestures and write their story about their gesture.	Gestures	Alison Juarez	Here
Lesson #2	Body: Balance & Counterbalance	Ss will create a dance study that incorporates balancing shapes in various levels.	Balance Counterbalance Weight Sharing Smooth Transitions	Raquel Vargas	Here
Lesson #3	Time: Rhythm	Ss will explore movement phrases that emphasize rhythmic patterns.	Tempo Rhythm	Kristina Braza	Here

6TH

	Skill	Objective	Vocabulary	Teacher	Link
Lesson #1	Energy: Free and Bound Qualities	Ss will be able to explore and identify bound versus free flowing movements and begin to develop a brief dance study, which takes place in a square and includes three effort actions.	Improvisation Bound Flow Free Flow	Robin Scott	Here
Lesson #2	Energy: Sustained and Percussive Movement Qualities	Ss will explore sustained and percussive movement qualities inspired by poetry.	Sustained Percussive	Tara Davis	Here
Lesson #3	Energy: Contract and Release	Ss will explore the concept of contract and release, and learn a movement sequence based on this concept.	Contract Release	Toni Jones	Here