

Exploring the Elements of Dance Series

ACTION - Exploring Locomotor Movements - Part 4 - Grades 6-12

Needed Material: None

Instructions: First, define the phrase Locomotor movement. Locomotor movement is any body movement that travels throughout space (the area where the movements are to be executed). Encourage your students to try the movements listed below in variations.

Movements & Variations:

Walk

PLACE- try walking in place by marching.

LEVEL – students will try movements high on their toes, medium bending their knees, and low bending knees fully and walking on toes

DIRECTION- walk in different directions going North, South, East, West, diagonal, or toward different objects or people in the room

SPEED- walk fast, medium, and slow

Run

PLACE- run in place

LEVEL- High: run through the space and spring high as safely possible into the air. Low: run bending your upper torso lowly

DIRECTION- Run sideways, backwards, & forwards

SPEED- walk fast, medium, and slow

Jump

PLACE- jump in place or around the room

LEVEL- try jumping as high as you can. For low jumps try tiny jumps where the feet barely get off the floor.

DIRECTION- jump in different directions going North, South, East, West, diagonal, or toward different objects or people in the room

SPEED- jump slowly which will feel bigger, jump faster which will be smaller and quicker.

Skip

PLACE- can do in place by up on one leg while bringing the knee up on the other, and switching each time you come down

LEVEL- high/ take a short walking step and high hop. Low/ take a long step and low hop

DIRECTION- skip forward, backwards, sideways, and turning

SPEED- usually done in a moderate tempo. Fast/ take smaller steps and hops. Slowly/ increase length of walk and height of the hop.

Crawl

Place- crawl in place moving around in a self-circle

LEVEL- medium/ crawl on hands and feet with buttocks in the air. Low/ crawl on hands, stomach, and legs; slithering

DIRECTION- crawl forward, backward, & sideways

SPEED- be careful for crawling fast. Take your time and try a speed most comfortable to you

Source: “Creative Dance for All Ages” by Anne Green Gilbert