

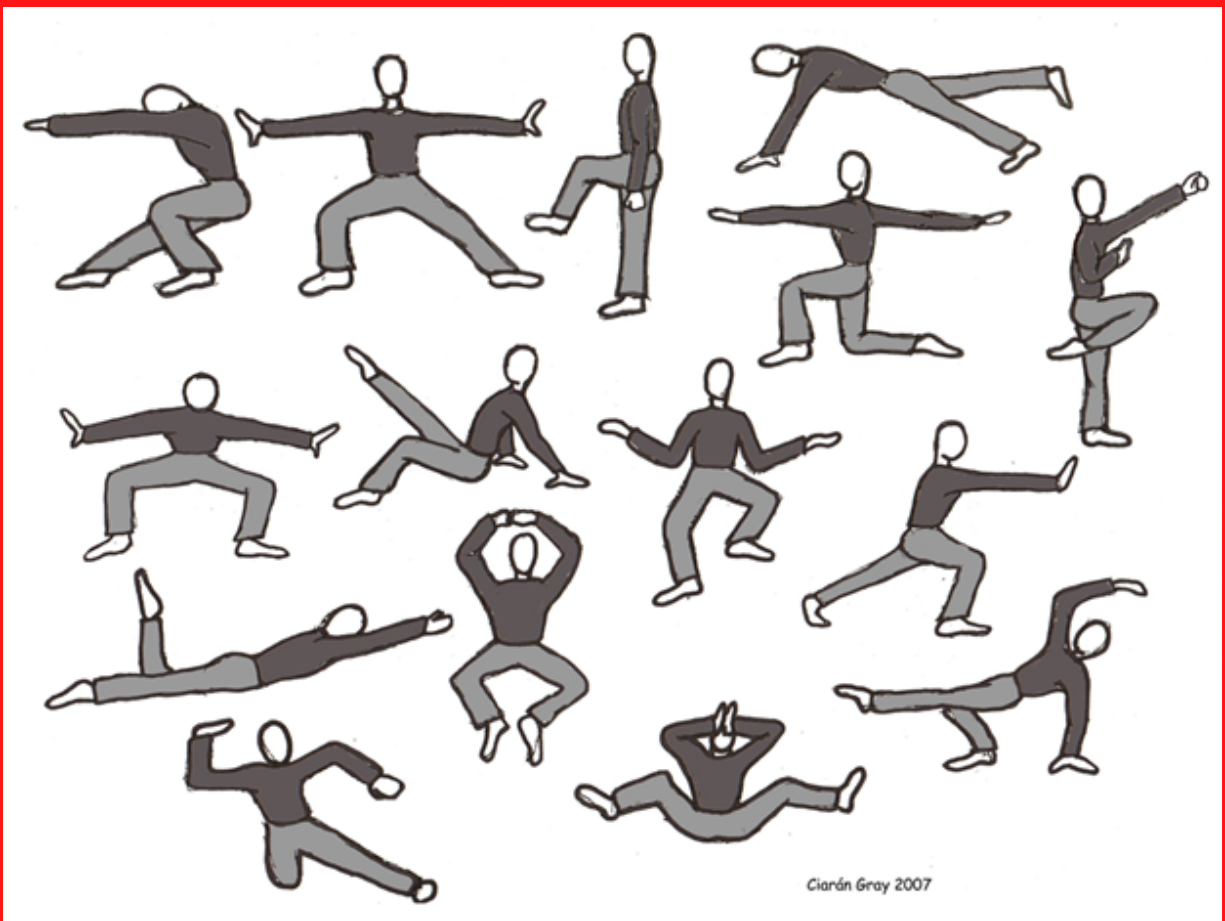
Exploring the Elements of Dance Series

SPACE – Elevators: Learning about Levels in Space - Part 5 – Grades 6-12

Needed Material: None

Instructions: First, explain the different levels in dance. Divide your body into three parts. From hips to toes is the low level. From hips to shoulders is the middle level, and from shoulders to the head is the high level. For this activity, think of your body as an elevator. You'll start in the basement, rise slowly to the 1st floor, 2nd floor, and finally the top floor. Afterwards, you will come back down.

The instructor will pretend to push imaginary buttons at a high, middle, or low level (instructor or leader will call out the different levels alongside pushing the imaginary buttons). Watch carefully and take your elevator to the level of the button being pushed. You can try this activity with partners where one person is the elevator and the other an operator. The students can also make different shapes and movements with their bodies on the levels. For example, on the low level you can make a crab shape, on the high level become a star, on the middle level spreading arms wide like a bird. Below is an example of shapes students can try on different levels.



Source: Creative Dance for All Ages by Anne Green Gilbert