

# Exploring the Elements of Dance Series

## SPACE – Gestures: Learning About Self-Space and General Space – Part 5 – Grades 6-12

**Needed Material: None**

**Instructions:** First, explain to the students the difference between self-space and general space. Self-space is the space your own body takes up. Imagine being inside a bubble and this bubble is the amount of space you can move in. If you get too close to someone else or someone gets too close to you, your bubble can pop. General space is the space we travel through as we move around the room. We share this space with other people and move around all over in a classroom, outside, within a designated area, or wherever we are.

Once you have explained the difference turn on music and instruct the students to dance around in general space. Then, pause the music and instruct the students to do a non-locomotor movement such as twisting, stretching, bending, etc. (a list of non-locomotor movements will be at the bottom of the page). Begin the music again and the students will start dancing through general space again. Repeat the pattern of music on/dance in general space and music off/ non locomotor movements in self space. Try to go through the entire list of non-locomotor movements to complete the activity.

Non-locomotor movements

Stretch

Bend

Curl

Pull

Push

Turn

Sway

Balance

**Source: Creative Dance for All Ages by Anne Green Gilbert**