

Exploring the Elements of Dance Series

Think About & Share a Dance - Part 1 – Grades 6-12

Needed Material: 1 – 2 dance videos (from “So You Think You Can Dance”, music dance videos on YouTube, etc.)

Instructions: This activity will encourage students to begin observing dance and finding things they think is interesting about it. To introduce this activity, say to your students “Think of a dance that you really enjoy of any style. You could have been in the dance or watched the dance.” Then pause for the students to think of one, and if they are stumped then suggest common dances which could include a dance from the TV show “So You Think You Can Dance”, a dance music video, etc.

Next, you can say “Now think about what makes that dance enjoyable. How are they moving? What is visually interesting?” Once you’ve given the students time to think about this (if they were able to come up with anything), then show a video or two of different styles of dance. Once the video is over ask the same questions and observe the students response. Allow the students to write or draw about what they thought of the video or past dances they’ve seen or been in. At the end of this activity the students can share their thoughts and experiences with the class (optional).

Next: The Introduction to the Elements of Dance – Part 2

*Let's
Dance!*