

# Exploring the Elements of Dance Series

## **ACTION - Exploring Non Locomotor Movements - Part 4 - Grades 6-12**

**Needed Material: none**

**Instructions: First define the phrase non-Locomotor movement. Non L Movement is any movement done around the axial (spine) of the body. The torso, head, and arms are the main parts of the body that are moving while the legs and feet act as a base of support. Encourage your students to try the movements listed below in variations.**

### **Movements & Variations**

#### **Stretch**

**PLACE-** fully extend the body through self-space (standing in place)

**LEVEL-** reach your arms up high, then around the torso, and finally down to the ground.

**DIRECTION-** stretch up, down, sideways, diagonal, and even twist the body

**SPEED-** vary the stretches from very fast to very slow

#### **Bend**

**PLACE-** bend all the joints (elbows, wrists, knees, ankles, fingers, etc.)

**LEVEL-** bend different body parts (joints mentioned in PLACE) on levels high, medium, or low

**DIRECTION-** bend body going in different directions: up, down, forward, back, sideways, diagonal

**SPEED-** bend slowly and quickly

## **Twist**

**PLACE-** twist different body parts while standing in place

**LEVEL-** twist body parts on different levels

**DIRECTION-** rotate arms & legs inward or outward, twist head & torso to the left or right, and twist arms & legs in front of you, behind you, to the side, and stretching up and down.

**SPEED-** twist fast and/or slowly

## **Swing**

**PLACE-** swing body parts in place. You can swing your arms, legs, & hips

**LEVEL-** swing body parts in different levels such as high, medium, & low

**DIRECTION-** move the legs, arms, and torso forward, backward, and sideways

**SPEED-** try swinging slow to fast, and then fast to slow.

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