

Exploring the Elements of Dance Series



TIME – A Lesson on Speed: Body Parts - Part 6 – Grades 6-12

Needed Materials: None

Instructions: To properly understand this element, the students will explore the three main types of speed: slow, medium, fast.

In this activity, the teacher or students will pick a body part and try moving that body part to the three different speeds. The instructor will first call out the speeds in order. As the students become familiar, the instructor will call the speeds out in different orders. Be sure to switch body parts throughout the activity.

Source: Creative Dance for All Ages by Anne Green Gilbert

