STEAM Studio
Engage Creativity through Kinesthetic Learning

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Guiding Question

What skills do I need to know to ehance or integrate dance into my classroom?

The Why:

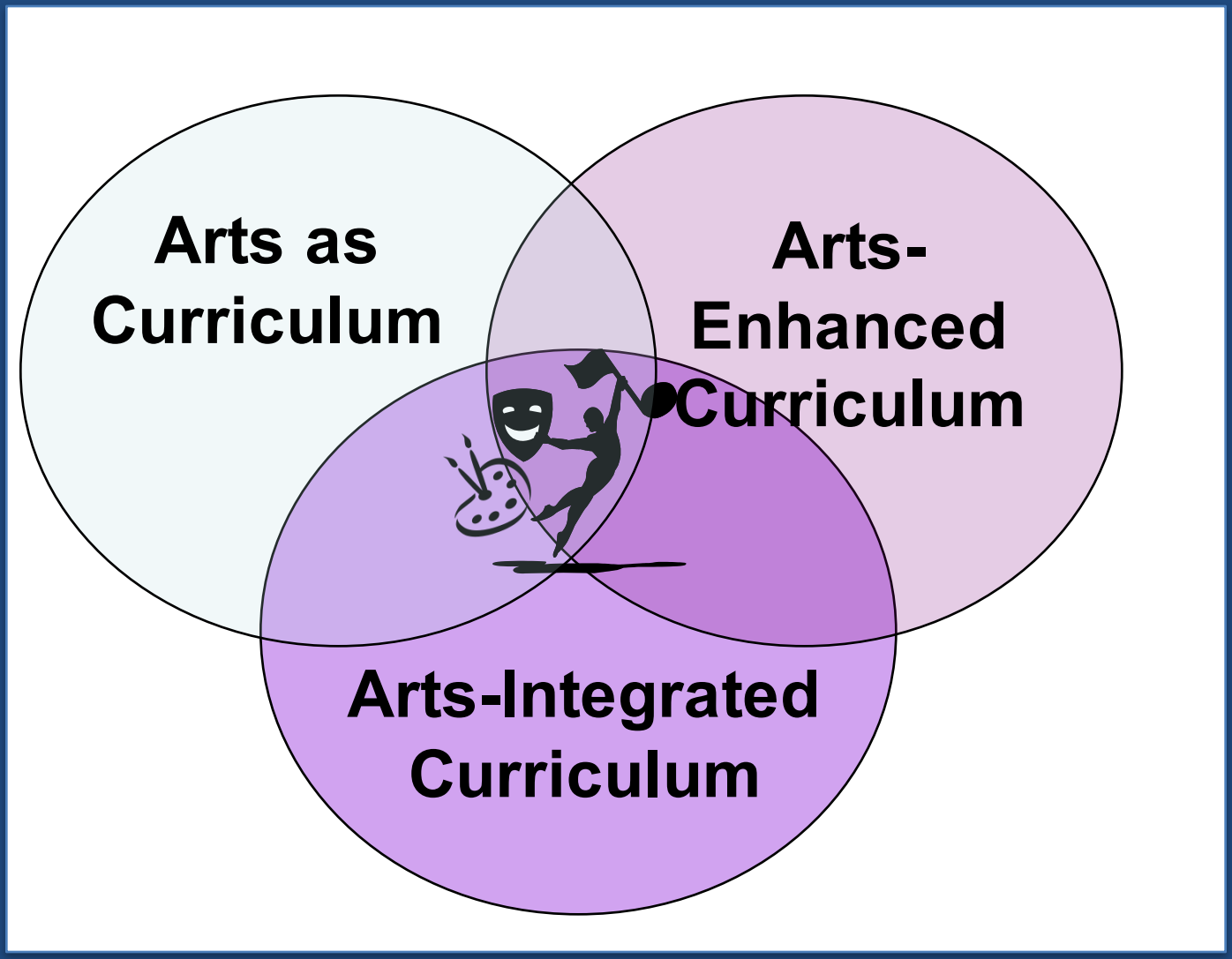
Movement and activity positively impact brain development.

Research Findings: Movement and rhythm stimulate the brain (frontal lobes) and enrich language and motor development.

"As far as intellectual functioning is concerned, we have generally associated schooling with sitting motionless at a desk for long stretches of time. But mental functioning is connected with bodily expression dependent upon it. If this necessary cycle is broken, a child's senses will suffer and he will remain on a lower level of mental & sensory functioning."

– Lynch-Fraser

The Arts in Schools

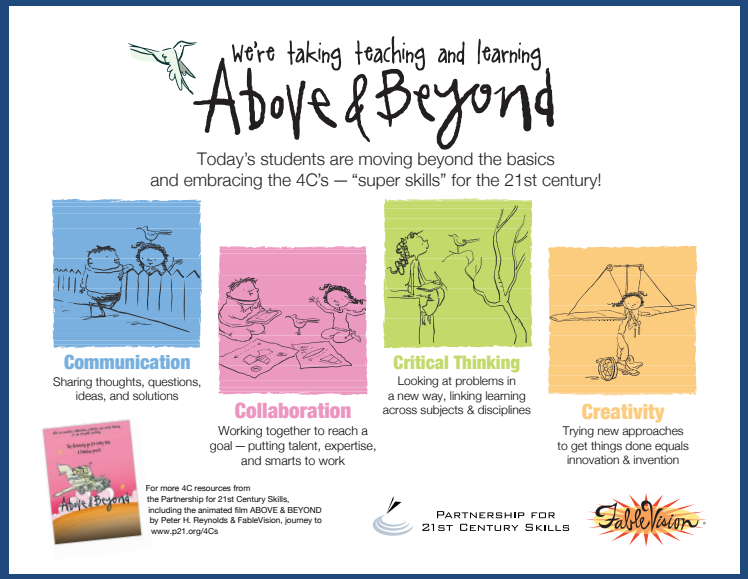


Dance *enhances* science learning

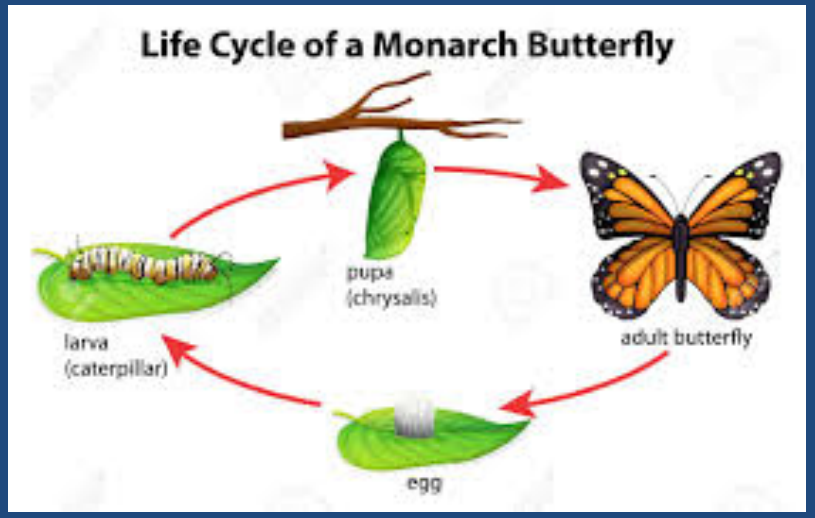
https://youtu.be/d-7AZprW0Rw
at 2:16

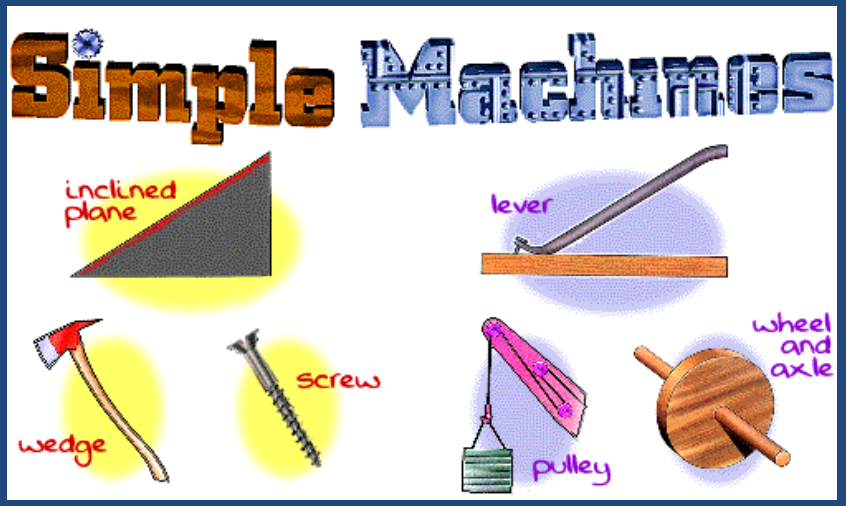
Now let's try it!

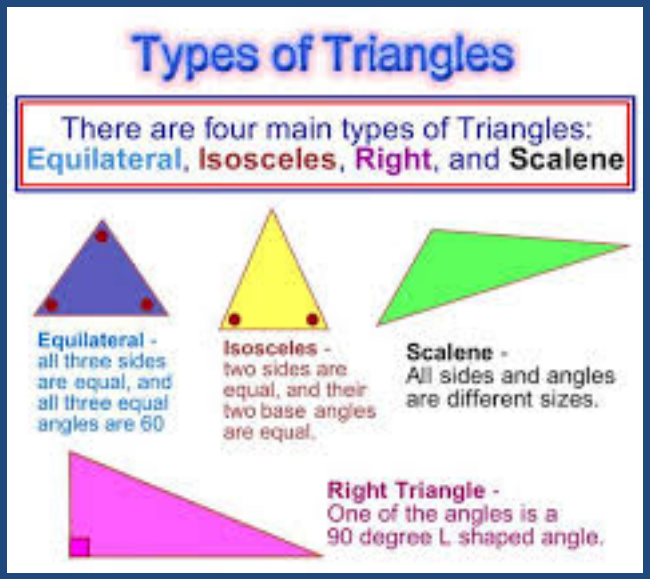
- 4 C's of 21st Century Skills
  - Communicate
  - Collaborate
  - Create
  - Think Critically



Link to music:
https://drive.google.com/file/d/0B9HMtMQrOvzlLWphbHpfR1VzNkU/view?usp=sharing


Life Cycle of a Monarch Butterfly
pupa
(chrysalis)
larva
(caterpillar)
adult butterfly
egg


Simple Machines
inclined plane
lever
wedge
screw
pulley
wheel and axle


Types of Triangles
There are four main types of Triangles:
Equilateral, Isosceles, Right, and Scalene
Equilateral - all three sides are equal, and all three equal angles are 60
Isosceles - two sides are equal, and their two base angles are equal.
Scalene - All sides and angles are different sizes.
Right Triangle - One of the angles is a 90 degree L shaped angle.


Liquid
Solid
States of Matter
Gas

Dance *integrates* science learning

https://artsedge.kennedy-center.org/educators/how-to/arts-integration/arts-integration-in-practice/science

What is Dance?

Purpose is key.

Movement becomes dance when the purpose transcends using physical means to get a practical task done.

Dance communicates the "spirit" of the dancer – the moves become *"more."*

Elements of Dance: B. A. S. T. E.

The Body | Action | Space | Time | Energy

What is Dance?

That's a big question! Here's an answer that's short and sweet: Dance is an art form that uses movement to communicate our ideas, feelings, and experiences.

But how?

The Elements of Dance

Dance can be broken down into the following five elements:

- Body
- Action
- Space
- Time
- Energy

Kennedy Center Website:
http://artsedge.kennedy-center.org/students/features/understanding-art/do-you-wanna-dance

Elements of Dance Ritual

Today I will be strong.

I will have control over

my **Body**

my **Actions**

my **Space**

my **Time**

and my **Energy.**

The Elements of Dance

Ask:	Who? *A dancer*	does what? *moves*	where? *through space*	when? *and time*	how? *with energy.*
B.A.S.T.E.	BODY	ACTION	SPACE	TIME	ENERGY
These are just some of the ways to describe each dance element. . . there are many more possibilities for each element. *Can you think of others?* *Add your own ideas & words…*	**Parts of the body:** Head, eyes, torso, shoulders, fingers, legs, feet … **Initiation:** core, distal, mid-limb, body parts **Patterns:** upper/lower body, homologous, contralateral, midline … **Body shapes:** Symmetrical/asymmetrical rounded twisted angular arabesque **Body systems:** muscles bones organs breath balance reflexes **Inner self:** senses perceptions emotions thoughts intention imagination	**Non-locomotor (axial):** stretch bend twist turn rise fall swing rock tip shake suspend ***Locomotor (traveling):*** slide walk hop somersault run skip jump do-si-do leap roll crawl gallop chainé turns	**Size:** large small narrow wide **Level:** High / medium / low **Place:** on the spot (personal space) through the space (general space) upstage/downstage **Direction:** forward/backward sideways diagonal right/left **Orientation:** facing **Pathway:** curved/straight zig-zag random **Relationships:** in front beside behind over under alone/connected near/far individual & group proximity to object	**Metered:** pulse tempo accent rhythmic pattern **Free Rhythm:** breath open score sensed time improvisation cued **Clock Time:** seconds minutes hours **Timing relationships:** before after unison sooner than faster than	**Attack:** sharp/smooth sudden/sustained **Weight:** *Strength:* push, horizontal, impacted *Lightness:* resist the down, initiate up *Resiliency:* rebound, even up and down **Flow:** free, bound balanced neutral **Quality:** flowing tight loose sharp swinging swaying suspended collapsed smooth

Link to Document: BASTE Dance Elements
https://drive.google.com/file/d/0B9HMtMQrOvzlbzhQSzZtUExuNDQ/view?usp=sharing

Body Shapes

Curved
Straight
Twisted
Angular

Actions

Locomotor	Axial
Slide	Stretch
Walk	Bend
Hop	Twist
Run	Turn
Gallop	Fall
Jump	Shake
Roll	Rock
Crawl	Rise

Space

- Personal Space *(Kinesphere)*
- Direction
- Level *(High, Middle, Low)*
- Pathway

Migration Dance

Time

Metered

- Pulse
- Tempo
- Rhythmic Pattern
- Beat
- Count

Free Rhythm

- Breath
- Ocean
- Cued
- Improvisation

Using Music

Music with Meter

Four Seasons:
Spring I. Allegro
by Antonio Vivaldi

Link to music:
https://drive.google.com/file/d/0B9HMtMQrOvzlSDJGZjg5QktHa00/view?usp=sharing

Music without Meter

Chumash Flute

Link to music:
https://drive.google.com/file/d/0B9HMtMQrOvzldDVyYzB6NWdWUFU/view?usp=sharing

Energy

- Sharp/Smooth
- Sudden/Sustained
- Heavy/Light

Dance is Movement

Randy Barron:

"Whenever you engage in in dance movement, you become a dancer."

We are all either trained dancers or untrained dancers – but we all dance!

The Impact of Dance

“An action such as a dance move activates the same brain circuitry whether we perform it ourselves or watch someone else perform it, research indicates. This ‘action observation network’ is important for learning.”