

My Own Dance Piece

Beginning	Movement #1	Movement #2	Movement #3	Movement #4	Ending
Option 1:					Option 1:
Option 2:					Option 2:

## My Own Dance Piece

Locomotor movement ideas	Non-locomotor movement ideas
<ul style="list-style-type: none"><li>• Walk</li><li>• Skip</li><li>• Crawl</li><li>• Gallop</li><li>• Run</li><li>• Tiptoe</li><li>• Roll</li><li>• Crab walk</li></ul>	<ul style="list-style-type: none"><li>• Jump on two feet</li><li>• Jump on one foot</li><li>• Stretch</li><li>• Wave</li><li>• Melt</li><li>• Wiggle</li><li>• Shake</li><li>• Collapse</li></ul>
<p><b>Strategies to create beginnings and endings</b></p> <p>Enter or exit from "off stage"</p> <ul style="list-style-type: none"><li>• Freeze</li><li>• Take a bow</li><li>• Have a moment of silence</li><li>• Start and end in the same position</li></ul>	