

## Elements of Dance Chart

Body	<p><b>What is your body doing?</b></p> <p>Consider the following questions:</p> <ul style="list-style-type: none"><li>• What different body bases could you use to create a shape with your body?</li><li>• What different body parts could you move?</li><li>• How many different locomotor and non-locomotor movement could you create?</li><li>• Could you create symmetry in your body?</li><li>• What about asymmetry?</li><li>• What kinds of angular shapes could you make?</li><li>• What kind of curved shapes could you make?</li></ul>
Space	<p><b>Where is your body moving?</b></p> <p>Consider the following questions:</p> <ul style="list-style-type: none"><li>• How could you move at a high, middle, or low level?</li><li>• What different pathways could you travel (in a straight line, in a zig zag, backwards)?</li><li>• If you are dancing with someone else, how is it different when you dance close together vs. far apart?</li></ul>

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Time	<p><b>When is the body moving? (in relation to time)</b></p> <ul style="list-style-type: none"><li>• Consider the following questions:</li><li>• How could you move at various speeds (e.g., fast, medium, slow)?</li><li>• How it is different dancing to music vs. dancing without music?</li><li>• Could you add a pause or a moment of stillness into your movements?</li></ul>
Energy	<p><b>How is the body moving?</b></p> <p>Consider the following questions:</p> <ul style="list-style-type: none"><li>• How could you move lightly (e.g., as if you are a balloon floating through the sky, as if you are an astronaut in outer space)?</li><li>• How could you move as if your body was heavy (e.g., as if you were pushing a big piece of furniture across the floor, as if you were moving through thick mud)?</li><li>• What is an example of a sudden movement?</li><li>• What is an example of a sustained movement?</li></ul>