

## Polish Folk Dance Activity

How is each element (body, space, time, energy, and relationships) used in the Polish folk dance?

Record your thoughts and what you noticed in the following organizer or another method of your choice.

Elements of dance	My thoughts and ideas
Body (locomotor and non-locomotor moves and body zones)	
Space (pathways and directions)	
Time (tempo)	
Energy (force and quality)	
Relationships (interconnected or linked shapes)	