

The Elements of Movement and Dance – Kindergarten

Kaitlin Beck, DC West Elementary School

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts -Head -Shoulders -Arms -Hands -Hips -Legs -Knees -Feet -Fingers -Toes -Spine Initiation -Distal and core -Body parts Shape -Rounded -Twisted -Angular Body Systems -Breath and balance Inner Self -Imagination -Pantomime -Senses	Locomotor (traveling) -Walk -Run -Skip -Gallop -Slither -Tiptoe -Hop -Jump -Leap -Roll -Crawl Non-locomotor (axial) -Bend -Stretch -Twist -Turn -Rise -Fall -Swing -Sway -Rock -Shake -Flick -Dab -Press -Melt -Grow	Levels -High and low Place -Self-space -Shared space -Formation (spots, line or circle) Size -Big and small Direction -Forward -Backward -Sideways	Metered -Pulse -Tempo Tempo -Fast -Medium -Slow Timing Relationships -After -Unison	Quality -Tense -Relaxed -Loose -Tight

The Elements of Movement and Dance – 1st Grade

Kaitlin Beck, DC West Elementary School

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts -Head, shoulders, arms, hands, hips, legs, knees, feet, fingers, toes, and spine -Neck -Wrists -Elbows -Ankles -Heels Initiation -Distal and core -Body parts Shape -Rounded -Twisted -Angular Body Systems -Breath and balance -Muscles Inner Self -Imagination -Pantomime -Senses	Locomotor (traveling) -Walk -Run -Skip -Gallop -Slither -Tiptoe -Hop -Jump -Leap -Roll -Crawl Non-locomotor (axial) -Bend -Stretch -Twist -Turn -Rise -Fall -Swing -Sway -Rock -Shake -Flick -Dab -Press -Melt -Grow	Levels -High -Middle -Low Size -Big and small Place -Self-space -Shared space -Formation (spots, line, circle, folk dancing) Direction -Forward -Backward -Sideways Pathways -Curved -Straight -Zig-zag Relationships -In front, beside, and behind -Far and near	Metered -Pulse -Tempo -Accent Tempo -Fast -Medium -Slow Timing Relationships -Before and after -Unison	Quality -Tense -Relaxed -Loose -Tight Energy and Attack -Sudden and sustained

The Elements of Movement and Dance – 2nd Grade

Kaitlin Beck, DC West Elementary School

BODY	ACTION	SPACE	TIME	ENERGY
<p>Body Parts</p> <ul style="list-style-type: none"> -Head, shoulders, arms, hands, hips, knees, feet, fingers, toes, neck, wrist, elbows, spine, ankles, legs, heels, and toes <p>Initiation</p> <ul style="list-style-type: none"> -Distal and core -Body parts <p>Body Systems</p> <ul style="list-style-type: none"> -Breath and balance -Muscles, organs, and bones <p>Shapes</p> <ul style="list-style-type: none"> -Symmetrical -Asymmetrical -Rounded -Twisted -Angular <p>Inner Self</p> <ul style="list-style-type: none"> -Imagination -Pantomime -Senses -Perceptions -Emotions 	<p>Locomotor (traveling)</p> <ul style="list-style-type: none"> -Walk -Run -Skip -Gallop -Slither -Tiptoe -Hop -Jump -Leap -Roll -Crawl <p>Non-locomotor (axial)</p> <ul style="list-style-type: none"> -Bend -Stretch -Twist -Turn -Rise -Fall -Swing -Sway -Rock -Shake -Flick -Dab -Press -Melt -Grow 	<p>Levels</p> <ul style="list-style-type: none"> -High -Middle -Low <p>Size</p> <ul style="list-style-type: none"> -Big, medium, and small <p>Place</p> <ul style="list-style-type: none"> -Self-space -Shared space -Formations <p>Facing</p> <ul style="list-style-type: none"> -Front, back, side <p>Direction</p> <ul style="list-style-type: none"> -Forward -Backward -Sideways <p>Pathways</p> <ul style="list-style-type: none"> -Curved -Straight -Zig-zag <p>Relationships</p> <ul style="list-style-type: none"> -Near and far -Meeting and parting 	<p>Metered</p> <ul style="list-style-type: none"> -Pulse -Tempo -Accent -Rhythmic pattern <p>Tempo</p> <ul style="list-style-type: none"> -Fast -Medium -Slow -Accelerating -Decelerating <p>Timing Relationships</p> <ul style="list-style-type: none"> -Before and after -Unison 	<p>Energy and Attack</p> <ul style="list-style-type: none"> -Sudden and sustained -Sharp and smooth <p>Weight</p> <ul style="list-style-type: none"> -Heavy and light <p>Quality</p> <ul style="list-style-type: none"> -Tense -Relaxed -Loose -Tight -Sharp -Swinging -Suspended -Collapsed

The Elements of Movement and Dance – 3rd Grade

Kaitlin Beck, DC West Elementary School

BODY	ACTION	SPACE	TIME	ENERGY
<p>Body Parts</p> <ul style="list-style-type: none"> -Head, shoulders, arms, hands, hips, knees, feet, fingers, toes, neck, wrist, elbows, spine, ankles, legs, heels, and toes <p>Initiation</p> <ul style="list-style-type: none"> -Distal and core -Body parts <p>Body Systems</p> <ul style="list-style-type: none"> -Breath and balance -Muscles, organs, and bones <p>Shapes</p> <ul style="list-style-type: none"> -Symmetrical -Asymmetrical -Rounded -Twisted -Angular <p>Inner Self</p> <ul style="list-style-type: none"> -Imagination -Pantomime -Senses -Perceptions -Emotions 	<p>Locomotor (traveling)</p> <ul style="list-style-type: none"> -Walk -Run -Skip -Gallop -Slither -Tiptoe -Hop -Jump -Leap -Roll -Crawl <p>Non-locomotor (axial)</p> <ul style="list-style-type: none"> -Bend -Stretch -Twist -Turn -Rise -Fall -Swing -Sway -Rock -Shake -Flick -Dab -Press -Melt -Grow 	<p>Levels</p> <ul style="list-style-type: none"> -High, middle, low <p>Size</p> <ul style="list-style-type: none"> -Big, medium, and small <p>Place</p> <ul style="list-style-type: none"> -Self-space -Shared space -Formations <p>Facing</p> <ul style="list-style-type: none"> -Front, back, side <p>Direction</p> <ul style="list-style-type: none"> -Forward -Backward -Sideways <p>Pathways</p> <ul style="list-style-type: none"> -Curved -Straight -Zig-zag <p>Relationships</p> <ul style="list-style-type: none"> -Near and far, -Meeting and parting -Alone and connected 	<p>Metered</p> <ul style="list-style-type: none"> -Pulse -Tempo -Accent -Rhythmic pattern <p>Tempo</p> <ul style="list-style-type: none"> -Fast -Medium -Slow -Accelerating -Decelerating <p>Free Rhythm</p> <ul style="list-style-type: none"> -Breath <p>Timing Relationships</p> <ul style="list-style-type: none"> -Before and after -Unison -Canon -Beginning, middle, and end 	<p>Energy and Attack</p> <ul style="list-style-type: none"> -Sudden and sustained -Sharp and smooth <p>Weight</p> <ul style="list-style-type: none"> -Heavy and light <p>Quality</p> <ul style="list-style-type: none"> -Tense -Relaxed -Loose -Tight -Sharp -Swinging -Suspended -Collapsed

The Elements of Movement and Dance – 4th Grade

Kaitlin Beck, DC West Elementary School

BODY	ACTION	SPACE	TIME	ENERGY
<p>Body Parts</p> <ul style="list-style-type: none"> -Head, shoulders, arms, hands, hips, knees, feet, fingers, toes, neck, wrist, elbows, spine, ankles, legs, heels, and toes <p>Initiation</p> <ul style="list-style-type: none"> -Distal, core, and mid-limb -Body parts <p>Body Systems</p> <ul style="list-style-type: none"> -Breath and balance -Muscles, organs, and bones <p>Shapes</p> <ul style="list-style-type: none"> -Symmetrical -Asymmetrical -Rounded -Twisted -Angular <p>Inner Self</p> <ul style="list-style-type: none"> -Imagination -Pantomime -Senses -Perceptions -Emotions 	<p>Locomotor (traveling)</p> <ul style="list-style-type: none"> -Walk -Run -Skip -Gallop -Slither -Tiptoe -Hop -Jump -Leap -Roll -Crawl <p>Non-locomotor (axial)</p> <ul style="list-style-type: none"> -Bend -Stretch -Twist -Turn -Rise -Fall -Swing -Sway -Rock -Shake -Flick -Dab -Press -Melt -Grow 	<p>Levels</p> <ul style="list-style-type: none"> -High, middle, low <p>Size</p> <ul style="list-style-type: none"> -Big, medium, and small <p>Place</p> <ul style="list-style-type: none"> -Self-space -Shared space -Formations <p>Facing</p> <ul style="list-style-type: none"> -Front, back, side <p>Direction</p> <ul style="list-style-type: none"> -Forward -Backward -Sideways <p>Pathways</p> <ul style="list-style-type: none"> -Curved -Straight -Zig-zag <p>Relationships</p> <ul style="list-style-type: none"> -Near and far, -Meeting and parting -Alone and connected -Over and under 	<p>Metered</p> <ul style="list-style-type: none"> -Pulse -Tempo -Accent -Rhythmic pattern -Anacrusis <p>Tempo</p> <ul style="list-style-type: none"> -Fast -Medium -Slow -Accelerating -Decelerating <p>Free Rhythm</p> <ul style="list-style-type: none"> -Breath <p>Timing Relationships</p> <ul style="list-style-type: none"> -Before and after -Unison -Canon -Beginning, middle, and end 	<p>Energy and Attack</p> <ul style="list-style-type: none"> -Sudden and sustained -Sharp and smooth <p>Weight</p> <ul style="list-style-type: none"> -Heavy and light -Push and pull <p>Flow</p> <ul style="list-style-type: none"> -Free and bound <p>Quality</p> <ul style="list-style-type: none"> -Tense -Relaxed -Loose -Tight -Sharp -Swinging -Suspended -Collapsed

The Elements of Movement and Dance – 5th Grade

Kaitlin Beck, DC West Elementary School

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts -Head, shoulders, arms, hands, hips, knees, feet, fingers, toes, neck, wrist, elbows, spine, ankles, legs, heels, and toes Initiation -Distal, core, mid-limb, and body parts Body Systems -Breath and balance -Muscles, organs, and bones Shapes -Symmetrical -Asymmetrical -Rounded -Twisted -Angular Inner Self -Imagination -Pantomime -Senses -Perceptions -Emotions	Locomotor (traveling) -Walk -Run -Skip -Gallop -Slither -Tiptoe -Hop -Jump -Leap -Roll -Crawl Non-locomotor (axial) -Bend -Stretch -Twist -Turn -Rise -Fall -Swing -Sway -Rock -Shake -Flick -Dab -Press -Melt -Grow	Levels -High, middle, low Size -Big, medium, and small Place -Self-space -Shared space -Formations Facing -Front, back, side Direction -Forward -Backward -Sideways Pathways -Curved -Straight -Zig-zag Relationships -Near and far, -Meeting and parting -Alone and connected -Over and under	Metered -Pulse -Tempo -Accent -Rhythmic pattern -Anacrusis Tempo -Fast -Medium -Slow -Accelerating -Decelerating Free Rhythm -Breath -Cued Timing Relationships -Before and after -Unison -Canon -Beginning, middle, and end	Energy and Attack -Sudden and sustained -Sharp and smooth Weight -Heavy and light -Push and pull Flow -Free and bound Quality -Tense -Relaxed -Loose -Tight -Sharp -Swinging -Suspended -Collapsed