

A Dance Journey plan (example):

Begin with a shape for a city, landscape, or natural wonder

8 counts: slide, gallop, or skip to new destination in your state

Shape or axial movement for city, landscape, or natural wonder

8 counts: jump or hop or both to next destination in your state

Shape or axial movement for city, landscape, or natural wonder

8 counts: walk or slide in a circle to next destination in your state

Shape or axial movement for city, landscape, or natural wonder

8 counts: skip or gallop to the end of the journey

End in a shape and hold

Teaching notes:

- 1) The Dance Journey plan is just an outline that could be modified or expanded for students.
- 2) The Dance Journey uses basic locomotor and axial movements that could be expanded into steps or a combination.
- 3) See the list of different landscape descriptions that may spark student's imagination and creativity. These dance ideas could be a movement exploration experience. Or, they could be shared with students or posted on the white board.

Additional Teaching Resource Strategies

Landscapes:

How would you move if you were in a

Prickly, parched desert

Smooth rolling hills

Jagged, jutting boulders

Steep, sharp mountains

Swiftly, rushing rivers

Calm, slow moving waters

Softly, waving prairie grasses

Dense, dark forests

Choreography Options

1. After performing your journey, give the map to another student to dance and summarize.
2. Two or three students rehearse and dance their dance journeys together.
3. The dance journey could be performed as a round:
All groups take their beginning shape. First person or group does 8 counts of movement and holds a shape or does axial movements for eight counts;
Second person or group does 8 counts of movement and holds a shape or does axial movements for eight counts.