

EXPLORATION

PLAN YOUR DANCE or ASSESS DANCE

BODY	ACTION	SPACE	TIME	ENERGY	RELATIONSHIPS
WHO?	WHAT?	WHERE?	WHEN?	HOW?	WHY?
A dancer	moves	through space	and time	with energy	using relationships
Body Parts <input type="checkbox"/> Hip <input type="checkbox"/> Leg <input type="checkbox"/> Arm <input type="checkbox"/> Feet <input type="checkbox"/> Neck <input type="checkbox"/> Knee <input type="checkbox"/> Head <input type="checkbox"/> Chest <input type="checkbox"/> Shoulder Body Shapes <input type="checkbox"/> Angular <input type="checkbox"/> Curved <input type="checkbox"/> Straight <input type="checkbox"/> Symmetrical <input type="checkbox"/> Asymmetrical	Travelling <input type="checkbox"/> Run <input type="checkbox"/> Hop <input type="checkbox"/> Skip <input type="checkbox"/> Slide <input type="checkbox"/> Walk <input type="checkbox"/> Leap <input type="checkbox"/> Jump <input type="checkbox"/> Gallop Stationary <input type="checkbox"/> Pull <input type="checkbox"/> Sink <input type="checkbox"/> Kick <input type="checkbox"/> Rise <input type="checkbox"/> Melt <input type="checkbox"/> Turn <input type="checkbox"/> Push <input type="checkbox"/> Float <input type="checkbox"/> Twist <input type="checkbox"/> Bend <input type="checkbox"/> Swing <input type="checkbox"/> Burst <input type="checkbox"/> Reach <input type="checkbox"/> Wiggle	Directions <input type="checkbox"/> Up <input type="checkbox"/> Down <input type="checkbox"/> Side <input type="checkbox"/> Back <input type="checkbox"/> Front <input type="checkbox"/> Around Size <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Big Place <input type="checkbox"/> Self Space <input type="checkbox"/> General Space Levels <input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High Focus <input type="checkbox"/> Direct <input type="checkbox"/> Indirect Pathways <input type="checkbox"/> Curved <input type="checkbox"/> Zig Zag <input type="checkbox"/> Straight	Tempo <input type="checkbox"/> Slow <input type="checkbox"/> Medium <input type="checkbox"/> Fast Meter <input type="checkbox"/> 4/4 March <input type="checkbox"/> 3/4 Swing Rhythm and Accent	Energy <input type="checkbox"/> Free <input type="checkbox"/> Light <input type="checkbox"/> Sharp <input type="checkbox"/> Bound <input type="checkbox"/> Strong <input type="checkbox"/> Smooth	Body Relationships <input type="checkbox"/> On <input type="checkbox"/> Off <input type="checkbox"/> Far <input type="checkbox"/> Near <input type="checkbox"/> Over <input type="checkbox"/> Under <input type="checkbox"/> In Back <input type="checkbox"/> In Front <input type="checkbox"/> Around <input type="checkbox"/> Through <input type="checkbox"/> Supported

Try CREATING EXPLORATION or RESPONDING for EXPLORATION

Form	Reflection	Form	Reflection
What will my body do?	How will I explore?	What are the elements?	What is my message?
What action will I make?	<input type="checkbox"/> Create		What will my audience interpret?
What space will I use?	<input type="checkbox"/> Interpret		
What time will I take?	<input type="checkbox"/> Represent		
What energy will I create?	<input type="checkbox"/> Sequence		
What relationships will I use?			

Ideas inspired by Saskatchewan Online Curriculum and CODE Ontario. Created by Natasha Hutchins at www.prodivame.com

INSPIRATION - EXPLORATION - EXPRESSION