

# RDT AIE Lesson Plan

Title:

Walking and changing Directions

## Lesson Plan Synopsis

Using Tempo, Students will explore space and time. This lesson relates to the Walking Dance in Fin Amour.

Name of Lesson Plan Creator

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## Grade Level

☐ K

☒ 1

☒ 2

☒ 3

☐ 4

☐ 5

☐ 6

☐ Jr High

☐ High School

## Website Tags

☒ Elementary

☐ K

☒ 1

☒ 2

☒ 3

☐ 4

☐ 5

☐ 6

☐ Junior High

☐ High School

☐ Beginning

☐ Intermediate

☐ Advanced

☐ Contemporary

☐ Modern

☐ Jazz

☐ Hip Hop

☐ Ballet

☐ Improvisation

☐ Composition

☐ Folk

☐ Warm-Ups

☐ Across the Floor

☐ Feet

☐ Center Combination

☒ Creative Movement

☐ Science

☐ Math

☐ Social Studies

☐ Language Arts

☒ P.E.

☐ History

## State Standard Covered

Create, Perform, Connect and Respond

## Learning Objectives/Goals

Exploring the Elements of Dance - Space and Time using direction and tempo.

## Materials Needed

Large open space, music or drum

## Introduction

Introduce the class goals and rules, set space boundaries.

## Warm-Up

Have students clap along with you a pattern - 8 claps (teacher) then 8 claps (students), 4 claps (teacher) then 4 claps (students), 2 claps (teacher) then 2 claps (students) and 1 clap (teacher) 1 clap (students) 1 clap (teacher) 1 clap (students) silence. Try the same thing but with stomping feet instead of clapping.

## Investigate

With students standing, ask them to point to the front of the room, then take 7 steps walking in that forward direction, on count 8 students will change to face a different direction and point to the new direction. Repeat that same 8 counts. Then try with 4 counts, 2 counts and 1 count. Once all the counts are in place, try it all together. 8, 8, 4, 4, 2, 2, 1, 1, 1, 1

## Create

Divide students into small groups. Have them select a different way to move using the pattern. Maybe skipping, or jumping, or galloping.

## Reflect

Put the new patterns to music and show one another.

## Extension to the Lesson

If students are successful, have them try a new movement for each part of the pattern. For example: 8 jumps, 8 jumps, 4 spins, 4 spins, 2 stomps 2 stomps, 1 hop 1hop 1hop 1hop.

## Follow Up Resources

Dance To Learn video lesson plans