

Moving Pictures

A lesson in movement by

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Objective: This lesson uses movement and freeze to create living sculptures.

Grades: 3rd-12th

Time allotted: 20-30 minutes

*Materials needed: CD player and music
1-2 chairs*

How:

- ⌘ Students will divide into four groups and go to the four corners of the room.*
- ⌘ When music starts students will listen for the movement commands from the leader.*
- ⌘ Students will move using the assigned movement to the center of the room. They can interact with the chairs.*
- ⌘ Leader will yell freeze.*
- ⌘ Students will not move until leader says they can.*
- ⌘ Students will move to the opposite corner and wait for next assignment.*
- ⌘ A variation is to work in groups of 2 or 3 and move to the center as a connected mass.*