TARBORO PROJECT LESSON PLAN

Lesson Focus: Exploring musical and movement images with emphasis on moving “with” or “against” the music.

Content: Body – actions and activities of the body
Relationships – complementing/contrasting musical images

Objectives: The students should be willing to try to:

1. Explore a variety of movement ideas on the spot and while traveling through space, alone and within a group setting.
2. Deliberately alter the movement idea to be complementing or contrasting the musical images.
3. Understand that movement can express a mood, feeling state, or image.
4. Understand that movement can be contrasting to the image created by music.
5. Demonstrate an attitude of cooperation among peers by working with respect for the ideas of peers.
6. Share ideas willingly within the group.

Prior Experience: None

National/state Dance Standards:
1. The student will identify and demonstrate elements and skills in dance.
2. The student will understand the process of making a dance.
3. The student will understand dance as a way to create and communicate meaning.
4. The student will apply and demonstrate critical and creative thinking skills in dance.
5. The student will make connections between dance and healthful living.
6. The student will make appropriate connections between dance and other disciplines.

Equipment/materials: A variety of musical selections in a variety of styles

Learning experiences: [accompany all tasks with a variety of music]

1.0 Travel through the empty space and pause on the signal in an alert stillness.
2.0 Travel through the empty space and as you move, reflect on how the music affects your movement choices.
3.0 As you travel, deliberately try to dance “with” the music. Allow the music to influence your choices. Your movement is complementing the music.
4.0 As you dance, take a chance and move “against” the music. Allow your movement choices to contrast the images created by the music.
5.0 As you dance, change your movement choices to complement or contrast the musical images whenever you are motivated to change.
6.0 When we face East in the dance space, move “with” (complement) the music. When you face West in the dance space, move “against” (contrast) the music.
7.0 Let’s perform our “with/against” improvisations now for an audience. This half of the class will be our first audience.