

Creative Dance Lesson Plan: Sound and Movement

Description:

Sound and movement naturally go together because it takes muscular action to produce sound. You will explore familiar human sounds, along with whole body movements that express the feeling of those sounds.

Warm UP

Make a vocal sound as you do the following basic body moves. Let the sound come from the movement and express the same feeling as the movement

Stretch: say stretch and make yawning/stretchy sounds and movements

Twist: say twist and make twisty sounds and movements

Other suggestions: toss, swing, shake, and drop

Movement Exploration Activities

Start by using vowel sounds and moving different body parts. For example, say “a” and move your head and neck, “e” and move your shoulders, “i” your rib cage, “o” your hips, “u” your feet.

Find movement words that contain vowel sounds and explore them with movements, such as shake, fast, skate, snake, pat.

Do the same with consonant sounds such as pp, tt, kk, sh, and ch.

Gathering Activity

Break into small groups and create a series of movements accompanied by sounds. Show and share with the class.

Connection to Terminal Hip Dance Theatre

We have a dance that uses consonant sounds. Observe how the sounds relate to the movements. Are they similar to the ones you explored in class?

Connection to K-12 Curriculum Framework for the Arts, Dance

Curriculum Standard 1: Identify and demonstrate movement elements and skills in performing dance

Curriculum Standard 2: Identify choreographic principles

Curriculum Standard 3: Recognize dance as a way to create and communicate meaning

Curriculum Standard 4: Apply and demonstrate critical and creative thinking skills in dance

Curriculum Standard 7: Make connections between dance and other disciplines