The Elements of Movement and Dance – Kindergarten

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts	Locomotor (traveling)	Levels	Metered	Quality
-Head	-Walk	-High and low	-Pulse	-Tense
-Shoulders	-Run		-Tempo	-Relaxed
-Arms	-Skip	Place	·	-Loose
-Hands	-Gallop	-Self-space	Tempo	-Tight
-Hips	-Slither	-Shared space	-Fast	
-Legs	-Tiptoe	-Formation	-Medium	
-Knees	-Нор	(spots, line or	-Slow	
-Feet	-Jump	circle)		
-Fingers	-Leap -Roll		Timing Relationships	
-Toes	-Crawl	Size	-After	
-Spine	-Clawi	-Big and small	-Unison	
	Non-locomotor (axial)	Direction		
Initiation	-Bend	-Forward		
-Distal and core	-Stretch			
-Body parts	-Twist	-Backward		
Shape	-Turn	-Sideways		
-Rounded	-Rise			
-Twisted	-Fall			
-Angular	-Swing			
9	-Sway -Rock			
Body Systems	-Shake			
-Breath and balance	-Flick			
Inner Celf	-Dab			
Inner Self	-Press			
-lmagination	-Melt			
-Pantomime	-Grow			
-Senses				

The Elements of Movement and Dance – 1st Grade

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts	Locomotor (traveling)	Levels	Metered	Quality
-Head, shoulders,	-Walk	-High	-Pulse	-Tense
arms, hands,	-Run	-Middle	-Tempo	-Relaxed
hips, legs, knees,	-Skip	-Low	-Accent	-Loose
feet, fingers,	-Gallop		1.000	-Tight
toes, and spine	-Slither	Size	Tempo	1.9.1.
-Neck	-Tiptoe	-Big and small	-Fast	Energy and Attack
-Wrists	-Нор			
-Elbows	-Jump	Place	-Medium	-Sudden and
-Ankles	-Leap	-Self-space	-Slow	sustained
-Heels	-Roll	-Shared space		
	-Crawl	-Formation	Timing Relationships	
Initiation		(spots, line, circle,	-Before and after	
-Distal and core	Non-locomotor (axial)	folk dancing)	-Unison	
-Body parts	-Bend			
	-Stretch	Direction		
Shape	-Twist	-Forward		
-Rounded	-Turn	-Backward		
-Twisted	-Rise	-Sideways		
-Angular	-Fall			
	-Swing	Pathways		
Body Systems	-Sway	-Curved		
-Breath and balance	-Rock	-Straight		
-Muscles	-Shake	-Zig-zag		
	-Flick			
Inner Self	-Dab	Relationships		
-Imagination	-Press	-In front, beside,		
-Pantomime	-Melt	and behind		
-Senses	-Grow	-Far and near		

The Elements of Movement and Dance -2^{nd} Grade

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts	Locomotor (traveling)	Levels	Metered	Energy and Attack
-Head, shoulders,	-Walk	-High	-Pulse	-Sudden and
arms, hands,	-Run	-Middle	-Tempo	sustained
hips, knees, feet,	-Skip	-Low	-Accent	-Sharp and
fingers, toes,	-Gallop		-Rhythmic	smooth
neck, wrist,	-Slither	Size	,	31100011
elbows, spine,	-Tiptoe	-Big, medium,	pattern	NA/ * 1 ·
ankles, legs,	-Нор	and small	_	Weight
heels, and toes	-Jump	Place	Tempo	-Heavy and light
Initiation	-Leap		-Fast	
-Distal and core	-Roll	-Self-space	-Medium	Quality
-Body parts	-Crawl	-Shared space	-Slow	-Tense
		-Formations	-Accelerating	-Relaxed
Body Systems	Non-locomotor (axial)	Facing	-Decelerating	-Loose
-Breath and balance	-Bend	-Front, back, side	3	-Tight
-Muscles, organs, and	-Stretch	, ,	Timing Relationships	-Sharp
bones	-Twist	Direction	-Before and after	'
Shanas	-Turn	-Forward		-Swinging
Shapes -Symmetrical	-Rise	-Backward	-Unison	-Suspended
-Asymmetrical	-Fall	-Sideways		-Collapsed
-Rounded	-Swing			
-Twisted	-Sway	Pathways		
-Angular	-Rock	-Curved		
7 (rigular	-Shake	-Straight		
Inner Self	-Flick	-Zig-zag		
-Imagination	-Dab	Polationships		
-Pantomime	-Press	Relationships -Near and far		
-Senses	-Melt			
-Perceptions	-Grow	-Meeting and		
-Emotions		parting		

The Elements of Movement and Dance – 3rd Grade

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts	Locomotor (traveling)	Levels	Metered	Energy and Attack
-Head, shoulders,	-Walk	-High, middle, low	-Pulse	-Sudden and
arms, hands,	-Run		-Tempo	sustained
hips, knees, feet,	-Skip	Size	-Accent	-Sharp and
fingers, toes,	-Gallop	-Big, medium,		
neck, wrist,	-Slither	and small	-Rhythmic	smooth
elbows, spine,	-Tiptoe		pattern	<u>.</u>
ankles, legs,	-Нор	Place		Weight
heels, and toes	-Jump	-Self-space	Tempo	-Heavy and light
Initiation	-Leap	-Shared space	-Fast	
-Distal and core	-Roll	-Formations	-Medium	Quality
-Body parts	-Crawl		-Slow	-Tense
-body parts		Facing	-Accelerating	-Relaxed
Body Systems	Non-locomotor (axial)	-Front, back, side	-Decelerating	-Loose
-Breath and balance	-Bend		-Decelerating	
-Muscles, organs, and	-Stretch	Direction		-Tight
bones	-Twist	-Forward	Free Rhythm	-Sharp
	-Turn	-Backward	-Breath	-Swinging
Shapes	-Rise	-Sideways		-Suspended
-Symmetrical	-Fall	B. d	Timing Relationships	-Collapsed
-Asymmetrical	-Swing	Pathways	-Before and after	'
-Rounded	-Sway	-Curved	-Unison	
-Twisted	-Rock -Shake	-Straight	-Canon	
-Angular		-Zig-zag		
Inner Self	-Flick	Dalatianahina	-Beginning,	
	-Dab	Relationships	middle, and end	
-Imagination	-Press -Melt	-Near and far,		
-Pantomime		-Meeting and		
-Senses	-Grow	parting		
-Perceptions		-Alone and		
-Emotions		connected		

The Elements of Movement and Dance – 4th Grade

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts	Locomotor (traveling)	Levels	Metered	Energy and Attack
-Head, shoulders,	-Walk	-High, middle, low	-Pulse	-Sudden and
arms, hands,	-Run		-Tempo	sustained
hips, knees, feet,	-Skip	Size	-Accent	-Sharp and
fingers, toes,	-Gallop	-Big, medium,	-Rhythmic	smooth
neck, wrist,	-Slither	and small	pattern	
elbows, spine,	-Tiptoe	Place	-Anacrusis	Weight
ankles, legs,	-Нор		7 1110010010	-Heavy and light
heels, and toes	-Jump	-Self-space -Shared space	Tempo	-Push and pull
Initiation	-Leap	-Snared space -Formations	-Fast	T don't drid pan
-Distal, core, and	-Roll	-Formations	-Medium	Flow
mid-limb	-Crawl	Facing	-Slow	-Free and bound
-Body parts		-Front, back, side		-Free and bound
D 1 0	Non-locomotor (axial)		-Accelerating	Overlie :
Body Systems	-Bend	Direction	-Decelerating	Quality
-Breath and balance	-Stretch	-Forward		-Tense
-Muscles, organs, and	-Twist	-Backward	Free Rhythm	-Relaxed
bones	-Turn	-Sideways	-Breath	-Loose
Shapes	-Rise			-Tight
-Symmetrical	-Fall	Pathways	Timing Relationships	-Sharp
-Asymmetrical	-Swing	-Curved	-Before and after	-Swinging
-Rounded	-Sway	-Straight	-Unison	-Suspended
-Twisted	-Rock	-Zig-zag	-Canon	-Collapsed
-Angular	-Shake	Relationships	-Beginning,	
G	-Flick	-Near and far,	middle, and end	
Inner Self	-Dab	-Near and iar, -Meeting and		
-lmagination	-Press	parting		
-Pantomime	-Melt	-Alone and		
-Senses	-Grow	connected		
-Perceptions		-Over and under		
-Emotions		-Over and under		

The Elements of Movement and Dance – 5th Grade

BODY	ACTION	SPACE	TIME	ENERGY
Body Parts	Locomotor (traveling)	Levels	Metered	Energy and Attack
-Head, shoulders,	-Walk	-High, middle, low	-Pulse	-Sudden and
arms, hands,	-Run	c.	-Tempo	sustained
hips, knees, feet,	-Skip	Size	-Accent	-Sharp and
fingers, toes,	-Gallop	-Big, medium,	-Rhythmic	smooth
neck, wrist, elbows, spine,	-Slither	and small	pattern	
ankles, legs,	-Tiptoe	Place	-Anacrusis	Weight
heels, and toes	-Нор	-Self-space		-Heavy and light
•	-Jump	-Shared space	Tempo	-Push and pull
Initiation	-Leap	-Formations	-Fast	
-Distal, core,	-Roll		-Medium	Flow
mid-limb, and	-Crawl	Facing	-Slow	-Free and bound
body parts		-Front, back, side	-Accelerating	
Body Systems	Non-locomotor (axial)	5	-Decelerating	Quality
-Breath and balance	-Bend	Direction		-Tense
-Muscles, organs, and	-Stretch	-Forward -Backward	Free Rhythm	-Relaxed
bones	-Twist	-Backward -Sideways	-Breath	-Loose
Shapes	-Turn	-Sideways	-Cued	-Tight
-Symmetrical	-Rise	Pathways		-Sharp
-Asymmetrical	-Fall	-Curved	Timing Relationships	-Swinging
-Rounded	-Swing	-Straight	-Before and after	-Suspended
-Twisted	-Sway	-Zig-zag	-Unison	-Collapsed
-Angular	-Rock		-Canon	
•	-Shake	Relationships	-Beginning,	
Inner Self	-Flick	-Near and far,	middle, and end	
-lmagination	-Dab	-Meeting and		
-Pantomime	-Press	parting -Alone and		
-Senses	-Melt	connected		
-Perceptions	-Grow	-Over and under		
-Emotions		-Over and under		