

Blue Sky Theater Teacher Guide #2
(Accompaniment to Youtube Tutorial #2)

SPACE



How do dancers/teachers/students think about and/or move in space?

As you teach in different teaching environments ranging from a classroom to online/remote platform, there are many considerations about the space in which you and your students are situated. Discuss personal space, shared space, or virtual space with your students - the good news is that dance can happen in any of those spaces! Understanding of your body in space - bodily/kinesthetic and spatial awareness - is an important and valuable lesson for your students.

You can use smaller, contained space and still create interesting or inventive movements . Or, you might spread out and use bigger, expansive, or shared space. Space includes directions (forward, backward, sideward, diagonally), proximity (near and far), levels (high-medium-low). You can explore pathways (straight, circular, curving, zigzag, etc), as opposed to axial movement (dancer staying in one spot).

Using directions and levels: The Bouncing/Shaking Dance

Reminder: When you are demonstrating your movement online, it works just like you are facing the students in your classroom. Your left side is “teacher’s right,” that would be the student/viewer’s right side.

- ★ Stretch one of your arms in front of your body and shake/bounce four times. With older grades, encourage the students to step forward with the opposite leg.
- ★ Then reach to the back space and shake/bounce four times
- ★ Reach up to the ceiling and shake/bounce four times
- ★ Reach down towards the ground and shake/bounce four times
- ★ Switch sides and try the same pattern with the other arm - front, back, up, and down
- ★ Once you went all the way around, cut the counts in half; 2 counts in each direction.
- ★ Then try 1 count in each direction twice through!
 - Variation A: you can start from 8 counts in each direction, then 4, then 2, then 1 if you prefer a slower progression
 - Variation B: you can try the same activity with your legs!

Music in the Blue Sky Theater Tutorial #2 is from the wonderful album called Pirouette Park by Jon Scoville.
<http://www.albertsbicycle.com/>

Simple Choreography/Sequence

Now you are ready to put together a simple sequence for your students, exploring different aspects of SPACE. You can get creative - this could be strung together in all kinds of ways. Below describes the order demonstrated in the video.

- ★ **Proximity(near and far) and size:** Play with the distance between your body and the screen. Make your body small as you move closer to the screen, then get bigger as you move away from the screen. If you are in a classroom, this would be simply about direction of moving forward and backward.
- ★ **Level and proximity:** Reach to the high space with one of your arms, then switch to the other arm. Then reach to the medium level space with one arm, then switch to the other arm. Repeat that to reach to the lower space. You can step forwards and backwards to keep playing with the proximity.
- ★ **Four directions:** Simply moving forward, backward, and to the right, and left. You are moving in the shape of a cross - in ballet tradition, you might hear the same concept called “En Croix” (pronounced ahn-crawh). What you don’t see in the video is diagonal direction - which would be an excellent next step to add.

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- ★ **Pathway(s):** Travel in a circular pathway around yourself. And finish in an interesting shape!
- ★ **Creativity:** Ask for student inputs to add to different parts. “Moving on the cross” section presents a lot of opportunities for additional upper body movements, and so does the pathway section. Students might decide which direction they want to go next. What other pathways are possible in your particular teaching space? Solve problems with your students and have fun!
- ★ **You have the makings of a dance!:** Once the sequence is put together, go over it a few times so that you and your students really know it (rehearsal). Then put on a fun music and Voila! You have your space exploration dance.

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Thank you!



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Fall 2020

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