

Blue Sky Theater Teacher Guide #5
(Accompaniment to Youtube Tutorial #5)

ENERGY



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Quality of motion is really the basis for all dance. When a movement is performed, what is its quality? How does it look? How does it feel?

If you use a lot of energy you can create strong movement. Very little energy can make a free-floating or soft kind of movement. Depending on your choice, little energy can also translate into weak or limp kind of movement. Lots of tension makes for a hard movement and little tension makes relaxed movement.

Help your students understand that it is easy and also fun to change your energy to create a variety of dynamics and rich qualities in their movement.

Follow the leader warm up with different/contrasting motional qualities

- ★ Pick two contrasting or very different motional qualities to inspire your whole body warm-up. In the video, the example words were **soft/smooth** and **sharp/angular**. Below is a bigger pool of possible word choices!

Bounce, burst, droop, curl, dart, dash, dribble, expand, explode, flit, flex, float, freeze, flutter, hang, hover, itch, jiggle, jitter, limp, lurch, lunge, perch, pop, prance, pulsate, ripple, scoot, scramble, scurry, shake, shudder, skitter, slam, slouch, spiral, spring, squirm, sweep, swoop, strut, sway, suspend, swing, throw, thrust, tremble, twirl, twitch, vibrate, whirl, wiggle... and more...

- ★ Have your student follow your movement as you go back and forth between two energy qualities.
- ★ If you catch yourself only moving your arms, see if you can involve other parts of your body. If your contrasting words are wiggle and float, how can you wiggle and float with your back/spine? If your words are suspend and twitch, can you find ways to suspend and twitch with your legs? Your toes? Your head? Solve these problems with your and your student's creative ideas.

Scavenger Hunt Dance

This is a really fun way to create a dance inspired by various textures and qualities from everyday objects, which you and/or your students can find from your immediate surroundings - whether it is your classroom or their home.

- ★ See if you can find the following items inside of your house or classroom
 - Something squishy
 - Something wiggly
 - Something stretchy
 - Something that bounces

- ★ These are the examples shown in the video, but of course, you are not limited by them. You can find other qualities - how about something sticky? Something soft and fluffy? etc.

- ★ With the objects you have found, first, demonstrate and explore the unique quality of each one. Then try to see if they can move with each of their qualities. Encourage your students to look at and/or feel each item carefully to see if you can really make that quality in their movement. Always encourage your students to move their entire body!

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- Can you squish the space between your legs? Can you raise your arms and slowly squish your armpits? Where else in your body can you make squishy movements?
 - How do you put the wiggles everywhere in your body?
 - Can you stretch your body like the item you've found? How long can you get with your body as you stretch? Can you stretch in different directions? Is there a way you can stretch upside down?
 - Can you bounce everything in your body? First, try one at a time - your head, your shoulders, your hands, your belly, your hip, your knees, and your feet? Then try bouncing with your entire body as a whole!! Can you do tiny bounces? Can you do HUGE bounces?
- ★ Constantly remind the students to try and embody different energy qualities in all parts and/or whole of their bodies.
- ★ **You have the makings of a dance!:** Put counts to each of the quality, and string them together. 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 energy exploration dance.

Music in the Blue Sky Theater Tutorial #5 is from the wonderful album called Pirouette Park by Jon Scoville.
<http://www.albertsbicycle.com/>



Thank you!



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