

Arts Assessment For Learning

DANCE — 5TH GRADE

LESSON PLAN: CREATING CHOREOGRAPHY

Fall & Recovery

OBJECTIVES

- To explore various ways of falling i.e. giving into gravity with body parts, the whole body, light, heavy, rebound.
- To learn about recovery and rebound within the context of Limón Technique
- To practice how to sequence concepts found in Limón Technique such as fall, rebound and recovery and create a movement sentence with them
- To create a short dance study with a partner
- To continue discovering who José Limón was

MATERIALS

- Props: A bouncing ball, a feather and a heavy book (or any object)
- CD player, TV monitor and VCR
- DVD: Limón, Life Beyond Words
- Percussive music and a drum

MOTIVATION

Review the concept of weight (Lesson 1, Warm up #2). Using the props (a bouncing ball, a silky handkerchief and a heavy book), begin an experiment and discussion about the physics of falling. Allow the students to let the props fall and guide them through the observation of how the difference in shape, weight and material influence the fall and reaction of the object after the fall. Students engage in a discussion to articulate the different movement qualities.

WARM UP

The following exercise can be done in both parallel and first positions.

- Plié and relevé in first and second positions.

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- Three pliés and one relevé feeling the suspension of the body while making a V shape with the arms.

Teaching note: Have students imagine being a tree growing in two opposite directions. The roots growing towards the floor getting deep into the soil while the branches reach towards the sky away from the ground.

- Brush the leg forward, shift weight falling into a tombé, rebound shifting weight back to center and rond de jambe the leg to repeat the tombé to the side, then to the back. Keep the arms to the side.
- Be aware of the feeling of the suspension of the whole body after the rebound. Change legs to repeat on the other side.
- Brush (dégagé) the foot forward, tombé, rebound and recover to standing closing the feet in parallel position. Kick to the front and close, loose développé of the leg to close. Alternate legs: right, left, right, left

Perform this exercise to this song:

I brush than I fall
And I stand tall
I kick and stretch
And throw it away.

EXPLORATION

Fall: It is a complete release of the muscles as the body, giving into gravity, drops.

- Body parts falling one at a time (e.g. head, arm, elbow, leg, torso).
- Repeat with two body parts at a time (e.g. head and torso, arm and leg).
- Fall from kneeling and sitting.
- Fall with the whole body on the ground first, slowly finding the succession of body parts then dropping fast and collapse, all the body parts falling simultaneously and at once.
- Ask: How many ways can you get a body part or whole body to fall?
- Ask: Can you think of a creative and original way to fall and rebound?

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- Moving through space, take three steps to the side and let the head and torso drop alternating sides. The focus is on the breath and the rhythm. Inhale while walking, exhale quickly while dropping. Try again adding any arm gesture.

Rebound: When a part of the body releases into a fall, the muscles reach the limits of their stretch at the bottom of the fall and naturally pull back or contract slightly, like a spring.

- One arm up, let it drop, reach the bottom and rebound.
- Pivot around the left leg allowing the right side of the body to fall into a tombé and rebound to step while rotating the body to the left.
- Repeat to the other direction.
- Ask: Can you come up with other ways of doing rebound?

Recovery: In recovery, the energy passes through the bottom of the fall and continues in the same path, as in the swing of a pendulum. The energy and direction continues along the line of momentum.

- Swing is an example of fall and recovery. The arm drops and passes through the bottom of the swing and continues in the same path.
- Swing the arms and torso side by side.
- Ask: What would happen if you were going to try recovery with the entire body?
- Ask: Can you fall, roll and get up in a way that looks almost as if it was one long movement?

DEVELOPMENT

- Students will be divided into two groups (A and B).
- They will practice and perform the three types of fall from standing position: Light, Heavy and Rebound.
- Each student in Group A will be assigned a partner from Group B.
- Using the Fall Feedback Sheet A and B, the groups take turns performing the three falls as well as giving feedback to their partners.
- After, filling out the form with their feedback, both partners record in the bottom half of the sheet what they plan to do to improve each of the falls.

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- Give students a second chance to perform their falls again.

FORMATIVE ASSESSMENT

Collect the Fall Feedback Sheet A and B from the students to review students plans to improve their falls.

ELABORATION

- With the same partner, the students work on a short study based on the following movement sentence: FALL – REBOUND – FALL – RECOVERY
- Remind the students that a movement sentence starts in stillness and ends in stillness.
- Challenge students to explore all the different ways they can perform these movements.

SHARING

- The students will perform their dance studies for the class, a maximum of three duets at a time, to avoid major collisions.
- They will use the two sample sentences to give feedback to their peers:
 - 1) "I like the way _____ did _____ because _____."
 - 2) "I would like to suggest _____ because _____."

FORMATIVE ASSESSMENT

- How are the students working together? Are they all participating?
- Are they using the new vocabulary in their discussions?
- Is each duet dancing with focus and intent?

- Are the dancers demonstrating accurately the difference between rebound and recovery?
- Are they repeating the sequence and applying reflection to improve performance?

CONCLUSION

- Play soft music.
- Lower to the floor slowly.

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- Lying down on the floor, place your hands in your abdomen.
- Inhale and feel the air coming into your lungs.
- Exhale and repeat the same action.
- Let your body feel heavy, falling and melting into the floor.

HOMEWORK ASSIGNMENT

The students record in the Homework sheet #2 the definitions of weight, swing, fall, rebound and recovery using their own words. They can make sample sentences using each word in the dance context.