Dance Element: LEVEL

**Description:** Movement and making shapes with our body can take place on many different levels where our body/body parts are different distances from the floor – near, far, or somewhere in between. From our hips to our toes is low-level space; from our hips to our shoulders is middle-level space; and everything above our shoulders is high-level space.

**Vocabulary:**

- **Subject (noun):** LEVEL
- **Descriptive words (adjectives):**
  - High, middle (5yrs+), low level movement / shapes
- **Suggested action words (verbs):**
  - Non-Locomotor Movement: bend, melt, fall, rise, sink
  - Locomotor Movement: tiptoe, creep, slither, crawl, roll

**Cinquain for LEVEL**

```
Levels
(noun)

(adjective)    (adjective)

(verb)    (verb)    (verb)

(5 word phrase)

Levels
(synonym)
```
Dance Element: SIZE

**Description:** Size or range means how close or far apart one thing is to another. When our arms and legs are stretched far away from our stomach, we are making a big size shape. When our arms and legs are near our stomach, we are making a little size shape. When we stretch our arms and legs halfway between big and little, we are making a medium size shape. Little means close together (near reach), and big means far apart (far reach). We can make big size shapes and big size movements (giant steps). We can make little size shapes and little size movements (tiptoe).

**Vocabulary:**
- **Subject (noun):** SIZE
- **Descriptive words (adjectives):** Big, medium (5+), and little
- **Size movement/shapes**
- **Suggested action words (verbs):**
  - Non-Locomotor Movement: flick, stretch, wiggle, twitch, grow, explode, shrink, shiver, burst, contract, curl, lunge
  - Locomotor Movement: leap, giant steps, tiptoe

**Cinquain for SIZE**

```
Size
(noun)

______________________________  _______________________
(adjective)                      (adjective)

______________________________  _______________________
(verb)                         (verb)                     (verb)

(5 word phrase)
```

**Range**

*(synonym)*
**Dance Element: DIRECTION**

**Description:** Direction means the direction the body is traveling in relationship to itself. There are six directions: forward, backward, side right, side left, up, and down. When we move forward, the front surface of our body leads. When we move backward, the back surface of our body leads. When we move sideways, the side surface of our body leads. When we move up, our head or top surface leads. What part of our body moves when we move down?

Diagonal: A diagonal movement is a movement that combines 3 directions simultaneously: up/side/forward; down/side/forward; up/side/back; or down/side/back. Diagonals in space involve traveling from corner to corner in a room.

**Vocabulary:**
- **Subject (noun):** DIRECTION
- **Descriptive words (adjectives):**
  - Forward, backward, side (right), side (left), up, down
  - Front, back, top, bottom

- **Suggested action words (verbs):**
  - Non-Locomotor Movement: rise, sink, melt, push, pull, poke, punch
  - Locomotor Movement: jump, slide, roll

---

**Cinquain for DIRECTION**

```
Direction
(noun)

______________, _______________, _______________
(adjective)  (adjective)

______________, _______________, _______________
(verb)  (verb)  (verb)

(5 word phrase)

_____________
(synonym)
```
Dance Element: PATHWAY

**Description:** Pathway refers to the lines or paths we make with our feet when we walk. If we had paint on our feet, our footprints would form a pathway that could be described as a straight, curved, or zigzag pathway.

**Vocabulary:**

Subject (*noun*): PATHWAY  
Descriptive words (*adjectives*): Curved, straight, zigzag

Suggested action words (*verbs*):  
Non-Locomotor Movement: turn, whirl, dodge, push  
Locomotor Movement: gallop, jump, run

**Cinquain for PATHWAY**

Pathway  
(noun)

_________________________  ___________________________  ___________________________
(adjective)  (adjective)  (adjective)

_________________________  ___________________________  ___________________________
(verb)  (verb)  (verb)

_________________________
(5 word phrase)

_________________________
(synonym)
Dance Element: ENERGY—Dynamics

**Description:** Energy refers to how we can move our muscles. Smooth refers to how we might play a violin with sustained sounds. Sharp refers to how we might play a drum to create percussive sounds.

**Vocabulary:**

Subject (**noun**): ENERGY  
Descriptive words (**adjectives**):  
   *Smooth, continuous*  
   *Sharp, sudden*  

Suggested action words (**verbs**):  
   Non-Locomotor Movement: *shake, swing, flick, float, slash, swirl, sway, wave*  
   Locomotor Movement: *grapevine, jump, gallop, hop*

**Cinquain for ENERGY—Dynamics**

| Energy  
<table>
<thead>
<tr>
<th>(noun)</th>
</tr>
</thead>
</table>
| (adjective)  
| (adjective) |
| (verb)  
| (verb)  
| (verb) |

(5 word phrase)

**Dynamics**  
(synonym)
Dance Element: ENERGY—Flow

**Description:** Energy refers to how we can move our muscles. Flow refers to whether the movement is free or bound. When you turn the water faucet on, the water flows *freely* into the sink or tub. When you turn the faucet off, the water stops; it is “held” or controlled. You can move freely like the water flowing out of the faucet, or you can stop and control or bind your movement.

**Vocabulary:**

- **Subject (noun):** ENERGY
- **Descriptive words (adjectives):**
  - Bound
  - Free
- **Suggested action words (verbs):**
  - Non-Locomotor Movement: swirl, float
  - Locomotor Movement: fly, roll, march, stomp, run

**Cinquain for Energy—Flow**

```
Energy
(noun)

_______, _______
(adjective)  (adjective)

_______, _______  _______
(verb)  (verb)  (verb)

(5 word phrase)

Flow
(synonym)
```
Dance Element: ENERGY—Weight

**Description:** Weight refers to how we contract or relax our muscles. Weight can be strong if we contract our muscles and use many muscles to do the movement. Weight can be light if we relax our muscles and use fewer muscles to do the movement.

**Vocabulary:**

Subject (*noun*): WEIGHT
Descriptive words (*adjectives*):
- Strong
- Light

Suggested action words (*verbs*
- Non-Locomotor Movement: press, float, pull, flick, twitch, glide
- Locomotor Movement: tiptoe, creep, stomp

**Cinquain for ENERGY—Weight**

<table>
<thead>
<tr>
<th>Weight</th>
<th>(noun)</th>
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<table>
<thead>
<tr>
<th>(adjective)</th>
<th>(adjective)</th>
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<table>
<thead>
<tr>
<th>(verb)</th>
<th>(verb)</th>
<th>(verb)</th>
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</table>

(5 word phrase)

<table>
<thead>
<tr>
<th>Force</th>
<th>(synonym)</th>
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</table>
Dance Element: RELATIONSHIP

**Description:** Relationship is the connection between people or things. We can explore the relationship between body parts (hand over head); the relationship between two people (standing in front of someone); or the relationship of our body to a prop. Relationship includes explorations of mirroring and shadowing.

**Vocabulary:**
- **Subject (noun):** RELATIONSHIP
- **Descriptive words (adjectives):**
  - Alone, apart
  - Together

- **Suggested prepositions of movement (prepositions):**
  - On/off, over/under, around/through, beside/between, above/below, near/far, in/out, together/apart

---

**Cinquain for RELATIONSHIP**

<table>
<thead>
<tr>
<th>Relationship (noun)</th>
<th>(adjective)</th>
<th>(adjective)</th>
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</thead>
<tbody>
<tr>
<td>(verb)</td>
<td>(verb)</td>
<td>(verb)</td>
</tr>
</tbody>
</table>

(5 word phrase)

**Connection** (synonym)
Dance Element: TIME—Tempo

**Description:** Tempo refers to how quickly or slowly a movement is performed.

**Vocabulary:**

Subject (*noun*): TEMPO—SPEED  
Descriptive words (*adjectives*): slow, medium, fast

Suggested action words (*verbs*):

Non-Locomotor Movement:
- (3-5yrs): bend, shake, flick, poke, twist, turn, sway, punch, stretch, push, pull, rock, freeze, swing, tip, bounce, melt, clap, balance, kick, fall, float, wiggle, stillness
- (6-8yrs): lunge, rise, twitch, carve, dab, sink, jab, sway, slash, grow, explode, spiral, glide, shrink, shiver, burst, dodge, contract, spin, whirl, curl

Locomotor Movement:
- (3-5yrs): crawl, slither, run, gallop, creep, fly, slide, roll, tiptoe, skip (age 4+), walk, leap, march, jump, stomp, hop
- (6-8yrs): prance, grapevine (8+), triplet, step-hop, skate, waddle

**Cinquain for TEMPO**

<table>
<thead>
<tr>
<th>Tempo (noun)</th>
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<tbody>
<tr>
<td>(adjective)</td>
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<tr>
<td>(verb)</td>
</tr>
</tbody>
</table>

(5 word phrase)

<table>
<thead>
<tr>
<th>Speed (synonym)</th>
</tr>
</thead>
</table>
Dance Element: TIME—Rhythm

**Description:** Rhythm refers to the flow of the movement. We can move to an even rhythm or pulse. Often referred to as a steady beat, it can be fast or slow. We can also move to an uneven rhythm. Breathing is an example of an uneven rhythm. You can take long breaths and short breaths. We can also create patterns by mixing up different speeds, such as: slow, quick, quick, slow.

**Vocabulary:**
- Subject (*noun*): RHYTHM
- Descriptive words (*adjectives*):
  - Pulse, breath, pattern

- Suggested action words (*verbs*):
  - **Non-Locomotor Movement:**
    - (3-5yrs): bend, shake, flick, poke, twist, turn, sway, punch, stretch, push, pull, rock, freeze, swing, tip, bounce, melt, clap, balance, kick, fall, float, wiggle, stillness
    - (6-8yrs): lunge, rise, twitch, carve, dab, sink, jab, sway, slash, grow, explode, spiral, glide, shrink, shiver, burst, dodge, contract, spin, whirl, curl
  - **Locomotor Movement:**
    - (3-5yrs): crawl, slither, run, gallop, creep, fly, slide, roll, tiptoe, skip (age 4+), walk, leap, march, jump, stomp, hop
    - (6-8yrs): prance, grapevine (8+), triplet, step-hop, skate, waddle

**Cinquain for Rhythm**

```
Rhythm
(noun)

_____________, _____________
(adjective)      (adjective)

______________
(verb)  (verb)  (verb)

(5 word phrase)

Music
(synonym)
```
Dance Element: SHAPE

Description: Shape refers to the lines we see in our body when we make a shape. Our body can make shapes that have straight lines (such as making our arms and legs straight). Our body can make body shapes that have curved lines (such curving our arms or bending our back). Our body can make body lines (such as bending arms and legs). Our body can make angular shapes (such as twisting our torso). We can also make shapes that are symmetrical and asymmetrical (6-8+ yrs).

Vocabulary:
Subject (noun): SHAPE
Descriptive words (adjectives):
Curved, straight, angular, twisted

Suggested action words (verbs):
Non-Locomotor Movement
- (3-5yrs): bend, shake, flick, poke, twist, turn, sway, punch, stretch, push, pull, rock, freeze, swing, pull, tip, bounce, melt, clap, balance, kick, fall, float, wiggle, stillness;
- (6-8yrs): lunge, rise, twitch, carve, dab, sink, jab, sway, slash, grow, explode, spiral, glide, shrink, shiver, burst, dodge, contract, spin, whirl, curl
Locomotor Movement:
- (3-5yrs): crawl, slither, run, gallop, creep, fly, slide, roll, tiptoe, skip (age 4+), walk, leap, march, jump, stomp, hop
- (6-8yrs): prance, grapevine (8+), triplet, step-hop, skate, waddle

Cinquain for Shape

Shape
(noun)

_____________ (adjective) _______________

_____________ (adjective) _______________

_____________ (verb) _______________

_____________ (verb) _______________

_____________ (verb) _______________

(5 word phrase)

Body
(synonym)