

PATHWAY

Ages: 7 to adult

Music suggestions are from *Music for Creative Dance (MCD)* Volumes 1, 2, 3, and 4 and *BrainDance Music* by Eric Chappelle.

Length

30 to 60 minutes. You can extend this class to 75 to 90 minutes by adding dance technique sections.

Warming Up

BrainDance: Pairs or trios shadow each other while emphasizing the concept of *pathway* in general space. Dancers take turns being the leader. *Suggested music:* *BrainDance Music* #1 (5 minutes) or #3 (8 minutes).

Introducing the Concept: *Pathway*—straight, curved, zigzag. Dancers read and say the words as they physically demonstrate the concept.

Exploring the Concept

For a 30-minute lesson, choose one of these activities.

Exploring the Concept 4: Drawing, 12: Body Half

Dancers draw pathway designs while listening to the music. When the music is replayed, they dance the designs, combining the pathways together. For example, the lower half of the body illustrates straight pathways while the upper half illustrates curved pathways. *Suggested music:* MCD Vol. 2, #7.

Shaping 9: Shape Chain

Dancers form straight shapes as they connect one by one in a straight line (*chain*), form connected curved shapes in a curved line, and form connected angular shapes in a zigzag line. The chain keeps evolving as the first shape dances to the end of the chain to reconnect. Large classes may form two to four separate chains. *Suggested music:* MCD Vol. 3, #16.

Reflection

“With someone near you, discuss which pathway was most challenging for you to do and why.”

Developing Skills

For a 30-minute lesson, choose one of these activities. For a 60-minute lesson, do both these activities or choose one and replace the other with dance technique such as pliés, tendus, swings, and jumps.

Combining Movements 2: Partners

Vary a familiar combination of movements by changing or adding new pathways. Dancers practice the pattern toward and away from a partner. Have them practice the phrase several times or continue to vary the pathways and change partners. *Suggested music:* MCD Vol. 2, #6 for 3/4 meter, #4 for 4/4 meter.

Leaping 2: Combinations

Create a leaping course or pattern for your students that combines three different pathways. Dancers add curved, straight, and angular arm shapes or movements. *Suggested music:* MCD Vol. 3, #19.

Creating

Exploring the Concept 7: Names

In a 30-minute class, dancers write their names (with the whole body) several times through space using different pathways. *Suggested music:* MCD Vol. 2, #12.

Choreographing 2: Art Works

For a 60- to 90-minute lesson, dancers view works of art. These might be art cards from a museum store, works created by students at your school, or photos from magazines. Dancers create studies illustrating the pathways in their selected art works.

Cooling Down

Sharing and Evaluating Choreography: In a 60- to 90-minute class, dancers share the studies. Observers guess which study was based on which art work and what other concepts were predominant in the studies.

Closure Circle: Dancers form a circle and review *pathway* concept vocabulary verbally and physically.