

SIZE

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 sections of dance technique.

Warming Up

BrainDance: Dancers warm up standing or seated with growing and shrinking movements. *Suggested music:* *BrainDance Music*, #6.

Introducing the Concept: *Size*—big (far reach), medium (mid-reach), little (near reach). 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 11: Space Between

Partners, moving near to and far from each other, mirror each other's movements while keeping 1 to 6 feet (.3 to 2 m) of space between them. Encourage the use of general space. Have novice dancers use a leader and follower format. Experienced dancers may choose to share the leadership. *Suggested music:* *MCD* Vol. 4, #7.

Shaping 4: Negative Space

Leader 1 makes a big shape. Leader 2 fits body parts into the negative space of the shape like a puzzle. Leader 1 dances away while leader 2 grows into a new shape for leader 1 to fit into. *Suggested music:* *MCD* Vol. 3, #11.

Reflection

"Discuss with your partner whether you preferred to be a leader or follower 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.

Turning 1: Big/Little

Dancers practice turning with far reach and near reach in self-space and general space. *Suggested music:* *MCD* Vol. 4, #3.

Combining Movements 5: Threes

Create a combination based on three big movements, three small movements, and three different (or same) big movements such as *jump, slash, leap; flick, tiptoe, poke; stretch, lunge, explode*. For accompaniment, say the words loudly or softly (reflecting the quality of movement) as the dancers perform the movements.

Creating

Choreographing 6: Motifs

Dancers create a simple movement phrase (motif) and change it by expanding the movement or diminishing the movement. They could also manipulate a familiar phrase or the previous combination.

Cooling Down

Sharing and Evaluating Choreography: For a 60- to 90-minute class, share the new motifs. Discuss how changing the size of the movements changes the intent and feeling of the motif.

Closure Circle: For a 30-minute class, have students form a circle and review the vocabulary for the concept of *size* verbally and physically.