

BODY PARTS

Ages: Parent-child and 3 to 6

When the lesson plan states, “Exploring the Concept 2: Special Parts,” locate that activity in chapter 17 for a full explanation.

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

Length

30 to 60 minutes

Warming Up

Quick Warm-Up (optional for a 30-minute lesson): Dancers toss, catch, kick, or poke small scarves with different body parts. *Suggested music:* MCD Vol. 1, #16.

BrainDance: Seated or standing with rhymes emphasizing body parts. *Suggested music:* *Brain-Dance Music*, #17-26, spoken rhymes, and simple songs or cues.

Introducing the Concept: *Body parts—head, arms, hand, pelvis, spine, trunk, legs, feet, and so on.* Dancers read and say the words as they physically demonstrate the concept of *body parts*.

Exploring the Concept

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

Exploring the Concept 2: Special Parts

Dancers alternate moving isolated body parts with whole body dancing, as directed by you. “Do a head dance; now dance with your whole body. Do an elbow dance; now dance with your whole body.” *Suggested music:* MCD Vol. 3, #21.

Shaping 3: Glue (Variation)

Dancers connect, one part at a time, two to four designated body parts (e.g., hip, knee, thumb) to partners or objects in the room, then dance away focusing on the last body part named. For example, the thumbs could lead the dancer away. *Suggested music:* MCD Vol. 2, #3.

Instruments 4: Move and Play

Dancers play instruments while moving designated body parts. For example, shrug shoulders while playing, bend knees while playing, nod head, stamp feet, and so on. *Suggested music:* MCD Vol. 2, #12.

Reflection

“Make a shape emphasizing two favorite body parts.”

Relaxation and Alignment

May be included in a 60-minute lesson. Refer to Cooling Down (chapter 4). *Suggested music:* MCD Vol. 4, #17.

Developing Skills

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

Combining Movements 3: Folk Dance

Teach dancers a variation of the Shoemaker dance, moving different body parts while singing the verse “Wind the bobbin, wind the bobbin, pull, pull, pound in the nails.” For example, they might wind with the head, elbows, hips, and so on. Have them practice various locomotor skills on the polka section. *Suggested music:* MCD Vol. 3, #19 (32 counts for verse, 32 counts for locomotor section). See *Brain-Compatible Dance Education* (Gilbert, 2006) for dance instructions and variations.

Leaping 3: Spots

Dancers leap over spots or cones while doing special arm shapes or movements. At the end of the leaping course they make a special shape connecting one body part to a spot or cone. *Suggested music:* MCD Vol. 1, #6.

Creating

Exploring the Concept 21: Activity Songs

Choose a song from the Body Parts list in appendix D.

Cooling Down

Good-Bye Dance: Dancers emphasize a body part as they dance across the floor and end in a special shape.