Name:

Date:

School:

Facilitator:

4.05 Movements in Time

# Part 1: Guided Exploration of Time

**The following movement exploration focuses on the use of time and allows you to experience creating patterns in movement. You will explore the organization of long and short patterns (in time) or rhythm of a movement phrase, and you will create movement that changes tempo or rate of speed.**

**You may stand in place by your chair to do this movement exploration. Ideally, you will perform small jumps (from two feet to two feet) in place while experiencing the activity. If you are unable to jump in place, you may stand by your chair and bounce in place. If that is not feasible for your situation, you may clap your hands.**

## **Step 1:**

For the initial part of this activity, think of doing 8 even, small jumps in place at a **medium** tempo (rate of speed). The rhythm is steady, and you will count to yourself as you jump and as you freeze.

Jump 8 times and count 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8. Freeze for the same amount of time, and count 1 – 2 – 3 – 4 – 5 – 6 - 7 – 8.

Jump in place 4 times, counting 1 – 2 – 3 – 4. Freeze for 4 counts, 5 – 6 – 7 – 8.

Jump in place 2 times, counting 1 – 2, then freeze for 2 counts: 3 – 4.

Finally, jump, freeze, jump, and freeze (5, 6, 7, 8).

The pattern you have just created by jumping and freezing at a medium tempo looks like this:

8 jumps in space: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8

8 counts freezing: 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8

4 jumps in space: 1 – 2 – 3 – 4

4 counts freezing: 5 – 6 – 7 – 8

2 jumps in space: 1 – 2

2 counts freezing: 3 – 4

Then one count of each: jump, freeze, jump, freeze (5, 6, 7, 8).

## **Step 2**:

What would happen if you speeded up the tempo of the entire activity? Let’s explore the effect of making the entire sequence faster while still maintaining the original sequence of jumping versus freezing. The last exploration you did at a medium tempo; now you need to speed it up and jump at a faster tempo.

Jump 8 times and count 1-2-3-4-5-6-7-8. Freeze for the same amount of time, and count 1-2-3-4-5-6-7-8.

Jump in place 4 times, counting 1-2-3-4. Freeze for 4 counts, 5-6-7-8.

Jump in place 2 times, counting 1-2, then freeze for 2 counts: 3-4.

Finally, jump, freeze, jump, and freeze (5 – 6 – 7 - 8).

The pattern you have just created by jumping and freezing at a faster tempo looks like this:

8 jumps in space: 1–2–3–4–5–6–7-8

8 counts freezing: 1-2-3-4-5-6-7-8

4 jumps in space: 1-2-3-4

4 counts freezing: 5-6-7-8

2 jumps in space: 1-2

2 counts freezing: 3-4

Then one count of each: jump, freeze, jump, freeze (5-6-7-8).

# Part 2: Reflection

**Now that you have completed the movement exercise, reflect on what you did and answer the following questions in complete sentences. Be sure to refer to the vocabulary you learned in the lesson. Be specific in your answers and give examples from the jumps that you completed.**

1. How did the jumps at the medium tempo differ from the ones at the faster tempo? Be sure and explain your answer.

2. What effect did jumping at different speeds have on you? Be sure and explain your answer.

3. Did you feel rushed jumping at the faster tempo? Be sure and explain your answer.

4. Which tempo did you prefer, the medium tempo or the faster tempo? Be sure and explain your answer.

5. Were you able to freeze when you were supposed to or did you find yourself fidgeting or moving before it was time to move again?

6. Was it easy to freeze or would you need to practice it in order to actually achieve total stillness? Be sure and explain your answer.

7. What was the most difficult part of this exploration? Be sure and explain your answer.

8. If you were leading this activity for a group of students, how would you change it? Be sure and explain your answer.

9. Would you add music or an accompaniment to this movement exploration? If so, what kind and why? Be sure and explain your answer.

10. Given what you have learned about time in dance, did this exploration help you to understand it better? Be sure and explain your answer.