



Create: Guided Improvisation

Teacher Information

This lesson was created for a beginner class that has no previous dance vocabulary knowledge. It works great for building confidence on the first week of school or as a substitute plan. You can modify it for advanced learners by including dance vocabulary. This plan can last 1-2 days or expand into an entire unit if you chose to incorporate vocabulary.

Standards 2.3.1 Create original artistic artwork by responding to suggestions for changing movement in a guided improvisation. Supplemental: <ul style="list-style-type: none"> • Enhances building reading standards by requiring students to read and interpret directions • Develops creativity and collaborative skills 	
Level/ Age	Beginner Level/ Middle & High School Learners
Length (As is)	1 hour
Number of Students required	Any (works best in groups of 5 or 6)
Materials Guided Improvisation Directions (1/group or posted in room)	



Substitute Copy

Hello. Thank you for joining our classroom. The lesson today has students working in small groups. Music will not be used today. The bathroom pass is on the wall by the door. Students may use it one at a time.

Please place students in groups of 5-6. Space them out in the room so there is a group in each corner and one in the middle.

Create: Guided Improvisation

Objective: To work together as a team. To start recognizing and exploring how to manipulate dance.

Standard: 2.3.1 Create original artistic artwork by responding to suggestions for changing movement in a guided improvisation.

- Music will be a surprise song drawn out of a hat for each group.
 - If you don't understand a certain step that is ok! Take a guess and create something you think it might be. There are no wrong answers as long as you try.
 - Practice! Your group will perform this when I return in front of the class.
- 1) **Starting pose:** Everyone in the group pick a pose with three points of your body touching the ground. (Example: 1 foot, the bottom, and 1 hand)
 - 2) **Transition:** Turn clockwise and as a group make a standing formation/shape. (Examples: all stand in 1 line, a circle, or two lines)
 - 3) **Phrase:** Pick any movement (Examples: boppin', kicking, shuffling, sliding, cha-cha, jerk, Milly Rock) and perform it 8 times.
 - 4) **Pose:** Hit another frozen pose with two points of the body touching the ground.
 - 5) **Free Space!** Do whatever you want for a minimum of 10 seconds.
 - 6) **Pose:** Make a frozen pose so AS A GROUP only 8 points are touching the ground. (This means if there are 5 members of your group at least two people can only have one point touching the ground. You are allowed to be lifted off the ground in a safe manor.)
 - 7) **Transition:** Melt out of the pose and find a new standing space
 - 8) **Phrase:** Pick a DIFFERENT movement and perform that for 4 times.
 - 9) **Travel:** Add in a traveling movement that makes a circle. You CANNOT WALK! (Examples: skip, crab walk, roll, slide, crawl, etc.)
 - 10) **Free Space!** Do whatever you want for a minimum of 10 seconds.
 - 11) **Pose:** Move to an ending formation/shape and hit a pose.
 - 12) **Bonus:** At any point in the above steps play with the timing. Speed up or slow down the movement.
 - 13) Finally, keep practicing! You need to be able to do this dance with NO TALKING tomorrow.



Give students time to complete. If they finish, 15 minutes prior to the end of class have students present their work to each other. Allow the students in the audience to give compliments on what they saw. You can discuss issues or difficulties as a group and how they managed them.

When I return, students will be performing these dances to music.

In the space below please leave any notes you might have. Enjoy your day!



Student Copy

Create: Guided Improvisation

Objective: To work together as a team. To start recognizing and exploring how to manipulate dance.

Standard: 2.3.1 Create original artistic artwork by responding to suggestions for changing movement in a guided improvisation.

In groups of 5-6, students will create a movement phrase under the following guidelines:

- Music will be a surprise song drawn out of a hat for each group.
 - If you don't understand a certain step that is ok! Take a guess and create something you think it might be. There are no wrong answers as long as you try.
 - Practice! Your group will perform this when I return in front of the class.
- 1) **Starting pose:** Everyone in the group pick a pose with three points of your body touching the ground. (Example: 1 foot, the bottom, and 1 hand)
 - 2) **Transition:** Turn clockwise and as a group make a standing formation/shape. (Examples: all stand in 1 line, a circle, or two lines)
 - 3) **Phrase:** Pick any movement (Examples: boppin', kicking, shuffling, sliding, cha-cha, jerk, Milly Rock) and perform it 8 times.
 - 4) **Pose:** Hit another frozen pose with two points of the body touching the ground.
 - 5) **Free Space!** Do whatever you want for a minimum of 10 seconds.
 - 6) **Pose:** Make a frozen pose so AS A GROUP only 8 points are touching the ground. (This means if there are 5 members of your group at least two people can only have one point touching the ground. You are allowed to be lifted off the ground in a safe manor.)
 - 7) **Transition:** Melt out of the pose and find a new standing space
 - 8) **Phrase:** Pick a DIFFERENT movement and perform that for 4 times.
 - 9) **Travel:** Add in a traveling movement that makes a circle. You CANNOT WALK! (Examples: skip, crab walk, roll, slide, crawl, etc.)
 - 10) **Free Space!** Do whatever you want for a minimum of 10 seconds.
 - 11) **Pose:** Move to an ending formation/shape and hit a pose.
 - 12) **Bonus:** At any point in the above steps play with the timing. Speed up or slow down the movement.
 - 13) Finally, keep practicing! You need to be able to do this dance with NO TALKING tomorrow.