

Materials	Music
Learning Outcome	Discuss the element of space in dance and create a dance sequence that contains the components of space.

## Description

Dance has various elements to consider. One of these elements is space. Space can be described by:

- **Shape:** circles, squares, triangles, etc. made with parts of the body, the whole body, or with groups of people.
- **Level:** distance from the floor (high, medium, low)
- **Direction:** where the body moves (forward, backward, up, down, diagonally)
- **Pathways:** patterns taken as we move (straight, curved, zig-zag)
- **Focus:** where the eyes look while dancing
- **Size:** how large or small the movements are

Share these components of space with the youth and challenge them to create a dance sequence that contains each component (e.g., sequence contains a few shapes, at a few levels, in changing directions, taking a few pathways, with large and small movements, and eyes focused on particular points).

Invite the youth to choose a song they like and provide them with time to create the sequence. Support them as needed and also consider creating your own sequence.

Get the whole family involved and share your sequences with each other!

## Physical Education Competencies



### MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



### THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



### FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



### ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



## Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S	Space	T	Task	E	Equipment	P	People
	The youth performs a variety of movements while stationary.		The youth moves their body to their favourite song using different patterns and sequences that reflect their ability.		The youth uses an object (e.g., colourful scarf, ribbon, etc.) and incorporates it into the movement sequence.		The youth follows the movements of another individual.



## Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the youth the reflection questions below and discuss the answers together.

- *How easy or difficult was it to create your dance sequence and include all of the components?*
- *Can you think of other dances you know that include any of the components of space?*