

Level: First

Lesson: "Suddenly", Levels, (Space Awareness)

Equipment: Tambourine

- Objectives:
1. Have fun.
  2. Choose and demonstrate one way to travel in each level.
  3. Choose which level to travel in.
  4. Choose and demonstrate, one shape in each level.
  5. Verbally describe the level being used.
  6. Travel safely among others.
  7. Demonstrate the concept of sudden within their dance.
  8. Create a dance that uses each of the three levels while traveling and while in own space, during space, during this dance use sudden moves to change from one level to the next.

Part 1: Warm up (10 minutes) Red Ball

One student is the caller. The caller stands in the center of the field. All the other students stand behind one of the end lines (all students should be on the same side; the caller calls out Red ball, Red ball, Red ball. After the caller has said red ball for the third time, (This is the signal) the children all run to the opposite end. The caller tries to tag as many children as possible. If a child is tagged they must go to the center circle, (or put out cones to mark an area). The children who are caught can come out the next turn to try and catch more people. As soon as they tag someone the tagger and tague go back to the area until the next turn.

-To make the game a little harder the caller can try to fool the children into running. Instead of calling "Red ball, Red ball, Red ball", the caller can say "Red ball, Red ball, \_\_\_\_\_ ball" The blank should be filled in with another color. The caller should be encouraged to only fill in colors. And only the third red ball should be changed. If any students begin to run, or cross the end line to begin run, they are automatically caught and must go to the center.

Part 2: Suddenly dance (10 minutes)

Seated with the children.

What does the word "Suddenly" mean? (say it using a sudden motion, or pause a second and then say it quickly)

1. Your going to travel in a low level when I say go. I'm not going to tell you when, but all of a sudden I'm going to shout out "medium". When you hear that I want you to freeze in a medium level shape. Which level are you going to travel in? Which level are you going to freeze in? Begin traveling (let the children travel for a few seconds in a low level, When you call out medium, watch to see they all freeze into a medium level. Remind them that suddenly means quickly. Do this with all sorts of combinations. You telling them which to travel in and which level to suddenly freeze in. Try it a couple times, encourage them to think about the shape they will freeze in!
2. This time I want you to travel in a high level, I am going to play the tambourine while you travel. When I suddenly beat the tambourine I want you to suddenly freeze in a new level. Which levels can you suddenly freeze in? (medium or low)  
Do this in each of the three levels, You tell them the level to travel in, and let them choose the level to freeze in. Really look to see they are freezing suddenly.
3. This time you pick which level you will travel in and which level you will suddenly change to and freeze. I'm going to play the tambourine for 12 seconds like this (show them, and count to 12 while you play the tambourine.) When you here me getting close to twelve be ready to freeze in your new level.  
Beat the tambourine suddenly, watching to see that they all freeze in a new level. "Stay in the level you are in right now, the one you froze in suddenly. When the tambourine begins to play again, you will begin traveling in this new level. When I suddenly beat the tambourine, you should suddenly freeze in a new level." Play the tambourine for twelve counts

Each time the tambourine plays you will be traveling, each time you hear the sudden beat you will suddenly freeze in a new level. Always begin your traveling in the level you were suddenly frozen in. (Encourage them to try all the levels, try to come up with one way to travel in each level that they really like, and one way to freeze in each of the levels that they really like and practice them.)

Part 3: Suddenly Dance Creative (10 minutes)

Now you should have 3 ways of traveling, one in each level. And you should have 3 ways of freezing, one in each level. You may begin to travel in any of the three levels, when the tambourine suddenly beats you may suddenly freeze in any of the three levels as long as its not the same as the one you were just traveling in You're going to go through this three times, just enough to cover all the levels.

In your mind you should think of what your going to do before you do it. Which level will you travel in first, and which will

you freeze in first. Lets try that first. (have them travel and suddenly freeze in a new level.) Now you will begin traveling in the level you are frozen in now, but which level will you suddenly freeze in so you can travel in the last of your three levels? Lets try it. (have them travel and suddenly freeze in the third level) Now you will begin traveling in the level you suddenly froze in, is it the only level you haven't traveled in? If not don't worry, change to that level now. Now begin traveling in the last level and suddenly freeze in your first level. You should be where you started.

This time you're going to put it all together. Ready(shake tambourine) go.

Travel in first level            Example: low level

(suddenly beat tambourine)

Freeze in new level            Example: high level

(shake tambourine)

Travel in second level        Example: high level

(Suddenly beat tambourine)

Freeze in new level            Example: medium level

(Shake tambourine)

Travel in 3rd level            Example: medium level

(suddenly beat tambourine)

Freeze in third level         Example: low level

- C     In the part two there are situations to be creative. This part three is difficult. you may want to give them some examples by picking out a child who figures it out or show them how you would do it, the only thing I would encourage if you show them is that you take extra care to point out the children who also do it differently from you. Let them know that there are many ways to do this and yours was only one of them. Once they understand the concept, I don't think this is difficult, it just may be you who can figure out a better way of doing it!
  
- C     You can also make it more exciting by trying to find some music with some sudden noise.