

# OSSDF TEACHER HANDOUT

For Student Observation of Dance Entries

Dance Education uses dance as a tool for communication as opposed to dance studios who focus on dance training. The curriculum for Dance Education encompasses **5 Elements of Dance**. They are Body, Space, Time, Energy and Relationship. Here are some cues for watching movement while watching a live Dance performance:

## Body:

What is the body doing?

- Total body movement
- Isolated Body parts
- Large movements or small movements
- Shifting weight
- Body bases
- Symmetrical versus asymmetrical shapes
- Angular versus curved shapes
- Positive and negative space



**Space:** What is the body doing in Space?

- Floor pattern or path
- Straight or curved lines
- Simple or complex
- Levels
- Directions
- Facings



**Time:** How does the movement express Time?

- Slow, medium, fast
- Even or uneven metre
- Simple rhythm or complex rhythm



**Energy:** Does the movement have a particular quality?

- Strong or weak
- Sustained or sudden
- Percussive or collapsed
- Contrasting energy or combined energy forces



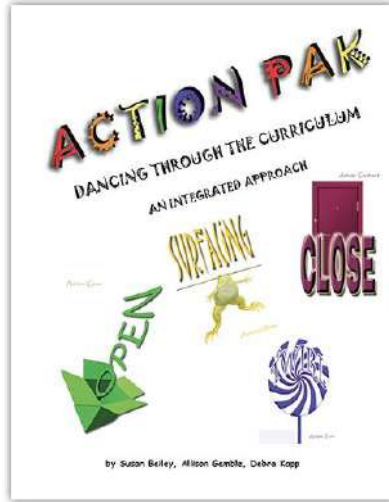
**Relationship:** How do dancers relate to one another?

- Duet, quartet, trio, group
- Side by side, front to back, over, under, supported
- Leading or following
- Taking weight or giving weight
- Symmetrical or asymmetrical
- Partner or group shape

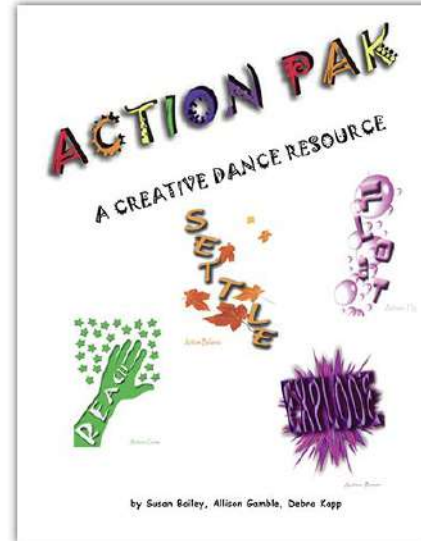


Thanks to Deb Kapp, Action Pak D'Action (available in French)

EXCELLENT  
RESOURCE for  
EDUCATORS



Created by  
Susan Bailey  
Allison Gamble  
Debra Kapp



Available  
in French

