

Movement Activities

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Flow – bound and free
 Weight – gentle and heavy
 Time – quick and sustained (slow)
 Space – direct and indirect.

Movement	Laban Efforts
Pat the air as if patting balloons	F - more free than bound T - The actual hit is a quick motion W - gentle S - direct when hitting the balloon, but the balloon is going in different places so indirect (try to get students to emulate this)
Pretend to bounce a basketball	F - Circle (head & shoulder) while dribbling, so there is flow T - quick motion hitting the ball W - lighter than heavier, if too heavy it will bounce the ball very high. S - direct – unless the ball gets away on you, then indirect 😊
Move their arms in a strong way	<ul style="list-style-type: none"> • Get them to hold their muscles in such a way that if I was to come pick them up it would be hard for me to do that. • Could then do the opposite of that – very supple
Move as if they are falling leaves	F - free T - sustained W - gentle S - indirect <ul style="list-style-type: none"> • use scarves • or buy leaves from craft store and place the leaf on the top of the hand and let your hand and leaf flutter down
Move arms in all the space around them	F - free T - sustained W - gentle S - indirect
Sway like a chiming clock	F - free T - sustained W - more to the heavy – pendulum swinging S - direct – pendulum swinging back and forth