

# Laban Movement Analysis (LMA) Pre-K

## BODY What

### ● Actions

Balance Roll  
Crawl Run  
Freeze Shake  
Gallop Slither  
Hide Spin  
Jump Stretch  
March Walk

### ● Body Parts

Arms Fingers  
Head Legs  
Elbows Hips  
Hands Knees  
Shoulders Feet

### ● Shapes

Round (Ball)  
Wide (Wall)  
Narrow (Pin)  
Twisted (Pretzel)

## SPACE Where

### ● Personal

In Place

### ● General

Everywhere

### ● Levels

Low  
Middle  
High

### ● Directions

Up • Down  
Forward • Backward  
Left • Right  
Diagonal

### ● Pathways

Straight  
Zig Zag  
Circular  
Curvy

### ● Space Words

Over • Under  
Around • Through  
In Front • Behind  
Toward • Away  
Near • Far

## EFFORT How

### ● Qualities

Weight — Light  
Strong  
Time — Slow  
Fast

### ● Descriptive Words

Afraid Loose  
Angry Sad  
Bouncy Sharp  
Bubbly Sneaky  
Calm Sticky  
Droopy Tense  
Excited Tired  
Gentle Wiggly  
Happy Wobbly  
Heavy

## RELATIONSHIP With Whom

### ● Time

Unison  
In Own Time  
Beat  
Accent

### ● Formations

Line  
Circle  
Scattered

### ● Body

Body Parts } To  
Individuals } Each  
Groups } Other

### ● Connections

Units of Study  
Stories Poems  
Science Math  
Art Music  
Props Costumes  
Transitions Celebrations

### ● Choreographic Tools

Solo • Partner • Group  
Lead • Follow • Mirror  
Meet • Part • Connect  
Copy • Repeat

Call and Response  
Accumulation - AABABC  
Sandwich - ABA  
Theme & Variation - AA<sub>1</sub>A<sub>2</sub>

