

LABAN MOVEMENT ANALYSIS (LMA) PRE-K

BODY WHAT	EFFORTS/ DYNAMICS HOW	SPACE WHERE	RELATIONSHIP WITH WHOM OR WHAT																										
<p>ACTIONS</p> <ul style="list-style-type: none"> Balance Crawl Freeze Gallop Hide Jump March Roll Run Shake Skip Slither Spin Stretch Walk <p>BODY PARTS</p> <ul style="list-style-type: none"> Move Lead Gesture Connect <table border="0"> <tr> <td>Head</td> <td>Fingers</td> </tr> <tr> <td>Torso</td> <td>Hips</td> </tr> <tr> <td>Spine</td> <td>Legs</td> </tr> <tr> <td>Shoulders</td> <td>Knees</td> </tr> <tr> <td>Arms</td> <td>Ankles</td> </tr> <tr> <td>Elbows</td> <td>Feet</td> </tr> <tr> <td>Wrists</td> <td>Toes</td> </tr> <tr> <td>Hands</td> <td></td> </tr> </table> <p>SHAPES</p> <ul style="list-style-type: none"> Round (ball) Wide (wall) Narrow (pin) Twisted (pretzel) 	Head	Fingers	Torso	Hips	Spine	Legs	Shoulders	Knees	Arms	Ankles	Elbows	Feet	Wrists	Toes	Hands		<p>FACTOR</p> <p>Weight: Light Strong</p> <p>Time: Slow Fast</p> <p>DESCRIPTIVE WORDS</p> <ul style="list-style-type: none"> Afraid Angry Bubbly Calm Droopy Excited Gentle Heavy Sharp Soft Spikey Springy Tired Wiggly 	<p>PERSONAL</p> <p>Located</p> <p>GENERAL</p> <p>Everywhere</p> <p>LEVELS</p> <p>High Middle Low</p> <p>DIRECTIONS</p> <p>Up Down Forward Backward Side Side Diagonal</p> <p>PATHWAYS</p> <p>Straight Zig Zag Circular Curvy</p> <p>SPACE WORDS</p> <p>Over Under Around Through Near Far In Front Behind Beside Toward Away</p>	<p>BODY</p> <p>Body parts to each other Individuals to each other Groups to each other</p> <p>TIME</p> <p>Unison In Own Time Beat Accent</p> <p>SPACE</p> <p>Line Circle Scattered</p> <p>CHOREOGRAPHIC TOOLS</p> <p>Solo Partner Group Meet Part Connect Lead Follow Mirror</p> <p>CHOREOGRAPHIC STRUCTURES</p> <p>Call & Response Theme & Variation– AA1A2 Sandwich–ABA Accumulation–AABABC</p> <p>OTHER</p> <p>Unit of Study</p> <table border="0"> <tr> <td>Stories</td> <td>Music</td> </tr> <tr> <td>Poems</td> <td>Props</td> </tr> <tr> <td>Science</td> <td>Costumes</td> </tr> <tr> <td>Math</td> <td>Transitions</td> </tr> <tr> <td>Art</td> <td>Celebrations</td> </tr> </table>	Stories	Music	Poems	Props	Science	Costumes	Math	Transitions	Art	Celebrations
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