

# Laban Movement Analysis (LMA)

## PRE-K

<b>Body</b>	<b>Effort/ Dynamics</b>	<b>Space</b>	<b>Relationship</b>																								
<u>What</u>	<u>How</u>	<u>Where</u>	<u>With Whom</u>																								
<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>Balance</li> <li>Crawl</li> <li>Freeze</li> <li>Gallop</li> <li>Hide</li> <li>Jump</li> <li>March</li> <li>Roll</li> <li>Run</li> <li>Shake</li> <li>Skip</li> <li>Slither</li> <li>Spin</li> <li>Stretch</li> <li>Walk</li> </ul> <p><b>Body Parts</b></p> <ul style="list-style-type: none"> <li>Move</li> <li>Lead</li> <li>Gesture</li> <li>Connect</li> </ul> <table border="0"> <tr> <td>Head</td> <td>Torso</td> <td>Spine</td> </tr> <tr> <td>Arms</td> <td>Shoulders</td> <td>Elbows</td> </tr> <tr> <td>Wrists</td> <td>Hands</td> <td>Fingers</td> </tr> <tr> <td>Legs</td> <td>Hips</td> <td>Knees</td> </tr> <tr> <td>Ankles</td> <td>Feet</td> <td>Toes</td> </tr> </table> <p><b>Shapes</b></p> <ul style="list-style-type: none"> <li>Round (ball)</li> <li>Wide (wall)</li> <li>Narrow (pin)</li> <li>Twisted (pretzel)</li> </ul>	Head	Torso	Spine	Arms	Shoulders	Elbows	Wrists	Hands	Fingers	Legs	Hips	Knees	Ankles	Feet	Toes	<p><b>Factors</b></p> <p>Weight — Light           — Strong</p> <p>Time — Slow        — Fast</p> <p><b>Descriptive Words</b></p> <ul style="list-style-type: none"> <li>Afraid</li> <li>Angry</li> <li>Bubbly</li> <li>Calm</li> <li>Droopy</li> <li>Excited</li> <li>Gentle</li> <li>Heavy</li> <li>Sharp</li> <li>Soft</li> <li>Spikey</li> <li>Springy</li> <li>Tired</li> <li>Wiggly</li> </ul>	<p><b>Personal</b></p> <p>Located</p> <p><b>General</b></p> <p>Everywhere</p> <p><b>Levels</b></p> <p>High Middle Low</p> <p><b>Directions</b></p> <p>Up Down Forward Backward Right Left Diagonal</p> <p><b>Pathways</b></p> <p>Straight Zig Zag Circular Curvy</p> <p><b>Space Words</b></p> <p>Over Under Around Through In Front Behind Toward Away Near Far Beside</p>	<p><b>Body</b></p> <p>Body Parts to Each Other Individuals to Each Other Groups to Each Other</p> <p><b>Time</b></p> <p>Unison In Own Time Beat Accent</p> <p><b>Space</b></p> <p>Line Circle Scattered</p> <p><b>Choreographic Tools</b></p> <table border="0"> <tr> <td>Solo</td> <td>Partner</td> <td>Group</td> </tr> <tr> <td>Meet</td> <td>Part</td> <td>Connect</td> </tr> <tr> <td>Lead</td> <td>Follow</td> <td>Mirror</td> </tr> </table> <p><b>Choreographic Structures</b></p> <p>Call and Response Accumulation - AABABC Sandwich - ABA Theme &amp; Variation - AA<sub>1</sub>A<sub>2</sub></p> <p><b>Other</b></p> <p>Unit of Study Stories Poems Science Math Art Music Props Costumes Transitions Celebrations</p>	Solo	Partner	Group	Meet	Part	Connect	Lead	Follow	Mirror
Head	Torso	Spine																									
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