



Homeschool Curriculum

A nine week dance class suitable for a variety of ages, genders, and interests. Family homeschool groups are especially welcome! Each nine week course will be a mix of folk dances from around the world, interdisciplinary movement classes (kinesthetically learning curriculum, concepts and skills) and collaborative creative processes. Children will learn basic dance concepts of body, energy, space and time and will gain confidence in moving and working with others. We will intermingle dance with small lessons about places around the world! Parents are welcome to participate alongside their students to be part of the process.

Trip Around The World

Week 1: Introduction, getting to know you

- Israeli Folk Dance: Zemer Atik
- Names and rhythms of names with movement. Create a "beginning phrase with names"
- Following along mirroring, taking turns, follow the leader

Week 2: Body

- Denmark: "7 Jumps"
- General and Personal Space
- Isolation verse whole body footprints in the snow
- Hans Christian Anderson is from there. Exploring a few of his fairytales

Week 3: Space

- French folk dance: "Cucut I la Guimbarda"
- Levels
- Negative and positive Space- Eiffel Tower

Week 4: Space continued

- England folk dance: "Cumberland Square"
- Pathways floor and air pathways Map of England

Week 5: Energy

- Egyptian folk dance: “Shawrle”
- Connecting Egyptian pictograph shapes with energy. Imagining how to show the emotions of the scene. Telling the story of the different Egyptian Gods.

Week 6: Time

- Native American Exploration: “Mother Drum”
- Whole Notes, Half Notes, Quarter, 8th
- Create and clap own patterns use drums to beat out the rhythms

Week 7: Collaboration and Choreography

- Indian folk dance: “Bhangra”
- Important things for our community. Agriculture

Week 8: Collaboration and Choreography

- Creation of own movement with groups
- What do you want to share about your own community/ culture and value system
- How can you show it with the different elements of BEST

Week 9: Celebration and sharing

- Demonstration of folk dances
- Invitation for guest to participate
- Sharing of own folk dance creations