

PizzIMMERSION

Professional Development Activities

Mini lesson plan

Title

3 over 4 dance activity

Materials

A clear space in the classroom

Year level suggested

Years 4-6

Background

Actors' warm up/team building activity

Useful for

Brain breaks
Body coordination
Musical pulse skills
Team building

Learning intention

To engage students through movement and pulse in a fun dance activity

Steps

1. Students learn 3 beat alternating step (RLRLRL...etc), a waltz pattern in $\frac{3}{4}$ time - "1 2 3", step forward on beat 1 then add a clap to beat 1.
2. Students learn 4 beat alternating step (RLRLRL...etc), a march-like pattern in $\frac{4}{4}$ time - "1 2 3 4", step forward on beat 1 then add a clap to beat 1.
3. The group divides into 2, with one group rehearsing the 3 cycle, the other the 4 cycle.
4. Both groups line up facing each other and clap/step their cycles simultaneously after a cue of "ready and". Stepping should all be at the same time in a steady beat.
5. A polyrhythm of 3 beats over 4 will become audible from the claps. Every 12 steps the claps will sync up, with everyone shouting "Hey!" at this point.

Accented beats will ultimately align creating a great aural effect, and increase students' awareness of how beat and rhythms can work together.

Curriculum links**Dance**

- Explore and Express Ideas
- Dance Practices
- Present and Perform

Music

- Explore and Express Ideas
- Music Practices
- Present and Perform

Health and Physical Education

- Movement and Physical Activity

Capabilities

- Personal and Social
 - Social Awareness and Management, Collaboration