

Theater Arts/Creative Movement Lesson Plan

Artist Name: Noah Martin
Art Form: Theater Arts/Creative Movement
Grade Level(s) pre-k - 2

Class Objective: Dynamic Body Shapes

HOME SPACE

Exercise #1

Invisible Thread Warm-up

- Students pantomime tying threads to elbows, hands, shoulders, knees, feet
- Inform students to imagine lifting each thread

Exercise #2

Bouncing Ball

- Students pantomime grabbing a ball from the center of the circle
- Ask students to show you the size of the ball using hands and the weight of the ball using their bodies. Have them tell you what color the ball is
- Bounce the ball at low, medium, and high levels
- Now try bouncing the ball up into the air, watching it, then jump to catch it and freeze

DANCE SPACE

Exercise #3

Ball cont...

- Throw ball into the air, move through the space, and catch it
- Tell students to freeze once they catch their ball
- Attempt to catch the ball at high and low levels, in front, to the side, and behind, and with a friend

Exercise #4

Run & Freeze

THEATRE SPACE

Exercise #5

Sculptor & Clay

- Call up one student and instruct him or her to let their hands fall to their toes and make their bodies loose and pliable like play-doh
- Gently move their arms, legs, and head into a new position
- When you let go of a body part, they must freeze it where you left it

- Ask them to be as still and focused as possible
- Tell the class to “take a picture” of this “fantastic shape.” Point out how the student has every element of their body involved in making the shape
- Copy the body shape of the student and tell them to un-freeze and mold you into a new shape
- Have 2 more students come up next
- One will be the sculptor, and one will be the clay

Observation & Recall

- Ask students, “What makes this shape so fantastic or interesting? What would you do to make it even more fantastic or interesting?”

DANCE SPACE

Exercise #6

Run & Freeze with “Fantastic Shapes”

- Students move and freeze in a fantastic shape
- Try shapes at low, medium, and high levels
- Freeze and make a shape with a friend
- Change shapes rapidly