

# Nature-inspired Movement Exploration



## Curriculum Links

### Scotland

Inspired by a range of stimuli, I can express my ideas, thoughts and feelings through creative work in dance.

Present dance  
Feedback on dance  
EXA-08, 9, 11

### UK

□ perform dances using a range of movement patterns

## Key Concept

Students will explore their outdoor environment, develop their listening skills, and create sound maps reflecting the sounds they hear.



## Background

Immerse your students in the beauty of the natural world with this Nature-inspired Movement lesson. Through observation and creativity, they'll explore the movements of animals and elements in a natural outdoor setting. By translating these observations into dance sequences, students will develop both their appreciation for nature and their physical coordination.

## Resources

- An outdoor space

## Wider Skills

- Observation Skills: By closely observing the movements of animals and elements in nature, students enhance their attention to detail.
- Creativity: Translating natural movements into dance sequences encourages imaginative thinking and artistic expression.
- Physical Coordination: Practicing dance sequences incorporating various movements improves students' physical coordination and motor skills.

# Lesson

## 1. Introduction (15 minutes):

Gather students in a designated outdoor space

Briefly discuss the importance of nature and the significance of observing its movements.

Provide an overview of the lesson objectives and explain the concept of nature-inspired movement exploration.

## 2. Observation Session (20 minutes):

Encourage students to disperse throughout the outdoor environment and spend time observing the movements of animals, plants, natural elements, traffic etc.

Instruct students to pay attention to details such as speed, direction, and rhythm.

## 3. Reflection and Discussion (10 minutes):

Reconvene as a group and facilitate a discussion on students' observations.

Encourage students to share their findings, highlighting unique movements they observed and their potential significance.

## 4. Choreographic Creation (25 minutes):

Divide the class into small groups

Instruct students to collaboratively create a short dance sequence inspired by the assigned element or animal, incorporating movements observed during the observation session.

Encourage experimentation and creativity, allowing students to explore different ways of expressing their chosen theme through movement.

## 5. Rehearsal and Performance (30 minutes):

Provide time for each group to rehearse their dance sequence, refining movements and transitions as needed.

Once ready, invite each group to perform their dance sequence for the rest of the class, accompanied by music if desired.

Encourage students to applaud and provide positive feedback to their peers after each performance.

# Assessment

1. **Observation and Participation:** Throughout the lesson, observe students' active engagement during the observation session, discussions, choreographic creation, rehearsals, and performances. Note their level of involvement, enthusiasm, and willingness to contribute ideas and effort to the collaborative process.
2. **Creativity and Expression:** Evaluate students' ability to creatively express the movements of nature through their dance sequences. Assess the originality of their choreography, the coherence of movements with the chosen theme, and the emotive expression conveyed during performances.
3. **Technical Skill and Coordination:** Assess students' physical coordination, balance, and execution of dance movements. Observe their proficiency in performing the required elements (travel, turn, jump, gesture, pause, and fall) within their sequences and provide feedback on areas for improvement.
4. **Collaborative Skills:** Evaluate students' ability to work effectively in groups, including communication, cooperation, and teamwork. Assess their contributions to the choreographic process, their receptiveness to feedback, and their willingness to support their peers during rehearsals and performances.
5. **Peer Feedback and Reflection:** Encourage students to provide constructive feedback to their peers following each performance. Facilitate group discussions where students can reflect on their own and others' performances, identifying strengths and areas for growth. Encourage self-reflection on individual contributions to the group's success.
6. **Written Reflections:** Optionally, provide students with opportunities to write reflections on their experience of the lesson. Prompt them to discuss what they learned, challenges they faced, and insights gained about the connection between nature and movement.
7. **Rubric-based Evaluation:** Develop a rubric tailored to the specific learning objectives and assessment criteria of the lesson. Use the rubric to systematically evaluate students' performance across various domains, providing clear criteria and feedback for improvement.

By employing a combination of these assessment methods, educators can gain a comprehensive understanding of students' learning outcomes and competencies developed through the Nature-inspired Movement Exploration lesson. Adjust the assessment approach based on the age, abilities, and learning styles of the students to ensure fair and meaningful evaluation.

## Older Classes

To adapt the lesson for older students, the complexity and depth of the activities can be increased to align with their cognitive and physical capabilities. Introduce additional layers of challenge by incorporating elements of storytelling or thematic narratives into the creation of dance sequences. Encourage students to conduct research on the natural elements or animals they are portraying, deepening their understanding of the ecological context and fostering interdisciplinary connections with subjects such as biology and environmental science. Provide opportunities for students to incorporate factual information and thematic symbolism into their choreography, thereby enhancing the depth and sophistication of their artistic expression. Additionally, facilitate discussions on the cultural and historical significance of dance as a form of artistic expression, encouraging critical thinking and reflection on the role of movement in human culture and society.

## Younger Classes

To adapt the lesson for younger children, simplify the activities and instructions to align with their developmental level and attention span. Focus on basic movements and sensory experiences inspired by nature, such as swaying like trees, fluttering like butterflies, or hopping like frogs. Utilize colourful props and age-appropriate music to enhance engagement and provide sensory stimulation. Keep instructions short and clear, using simple language and demonstrations to convey concepts. Break down the activities into smaller, manageable steps and provide plenty of opportunities for hands-on exploration and imitation. Encourage active participation through interactive games and playful activities that promote movement and creativity. Be flexible and responsive to the individual needs and interests of the children, adapting the pace and structure of the lesson as necessary to ensure a positive and enjoyable experience for all.