



EduTrend Contents

W4C · DANCE AND RHYTHMIC SPORTS · MIDDLE SCHOOL

Choreography Lab

Build a dance from a motif using choreographic devices

Ages 11–14

Level: Intermediate

60 minutes

Groups of 3–5 · up to 30

Activity 03

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 03 · AT A GLANCE

Choreography Lab

Students respond to a stimulus such as a photograph or poem, create a four-move motif, and develop it using choreographic devices: repetition, retrograde, change of level or dynamics, unison and canon. Groups structure a short dance and give peer feedback.

Learning outcomes

By the end of the session students can:

- create a motif from a stimulus;
- develop a motif with choreographic devices;
- use unison, canon and formations;
- evaluate choreography using dance vocabulary.

KEY WORDS

stimulus · motif · repetition ·
retrograde · unison · canon ·
formation · dynamics · structure

CURRICULUM LINKS

PE and dance: choreography.
Music: structure. English: poetry as
stimulus. Art: composition.

1

WARM UP

Raise and mobilise

2

EXPLORE

Try the movement
idea

3

CREATE

Make a phrase

4

REHEARSE

Practise and refine

5

PERFORM

Share and watch

6

COOL DOWN

Reflect and stretch

Materials

- Studio or hall
- Music player and 2–3 instrumental tracks
- Stimulus images or short poems
- Device cards
- Worksheets 1, 2 and 3

Before the session

- Choose stimuli with strong images or feelings.
- Prepare device cards.
- Plan group spaces.
- Prepare a short example motif.

SAFETY

Warm up joints and spine. Bare feet or dance shoes on a clean floor. Agree contact rules for lifts or weight sharing.

ACTIVITY 03 · SESSION PLAN

Step by step

Keep the motif short: four clear moves developed well make better choreography than many unrelated moves.

Time	What happens	Say or ask
0–8 min Warm up	Travelling warm-up with changes of dynamics.	<i>"How does strong differ from light?"</i>
8–18 min Motif	Respond to the stimulus; create a four-move motif.	<i>"How does your motif show the idea?"</i>
18–35 min Develop	Apply three devices from the cards.	<i>"What changed when you reversed it?"</i>
35–50 min Structure	Groups combine motifs in unison and canon with formations.	<i>"How will the audience see the idea?"</i>
50–60 min Share	Perform and give feedback.	<i>"Which device worked best?"</i>

CHALLENGE CARD (print or copy onto the board)

Create a group dance of about one minute that develops a motif with at least three choreographic devices and includes unison, canon and a change of formation.

ACTIVITY 03 · FACILITATOR NOTES

The dance know-how in brief

A motif is a short movement phrase that expresses the idea of a dance and is repeated and developed.

Choreographic devices include repetition, retrograde (performing in reverse), changing level, speed or dynamics, fragmentation and adding or removing actions.

Group relationships include unison (moving at the same time), canon (the same movement starting one after another), mirroring and contrast. Structures such as binary (AB), ternary (ABA) and rondo (ABACA) organise sections, as in music.

Common ideas to listen for

- “More moves means better choreography.”
Development of a few moves creates unity.
- “Canon is just being out of time.” It is a planned, precise device.
- “Choreography must tell a story.” Dances can explore an idea, mood or pattern.

Adapting the activity

Support

Provide a teacher motif and two device cards.

Stretch

Use a ternary structure with a contrasting middle section.

WORKSHEET 1

Stimulus and motif

Name: _____

Class: _____ Date: _____

Record your motif.

Motif

Move	Action	Link to stimulus
1		
2		
3		
4		

WORKSHEET 2

Devices

Record how you developed the motif.

Development

Device	What we did
Repetition	
Retrograde	
Level or dynamics	
Unison and canon	

WORKSHEET 3

Evaluation

Evaluate a dance.

Strength using dance words

Improvement and why

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Creates a motif	Develops with devices	Evaluates choreography

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Choreography Lab is a sample activity from the EduTrend Contents W4C Dance and Rhythmic Sports programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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