HANDOUT **Title:** Movement Problems **Handout #:** 3

Content:

The Basics: How a Movement Problem works

- Students are given a “movement problem” or challenge to complete using dance. Each student or group of students comes up with their own “solution” or dance phrase that completes the prompt, then performs their solution for the other students/groups.
- Discuss how there can be many solutions to the same problem. Discuss what it takes for a solution to be “correct” (fulfill the prompt), and whether or not students’ movement phrases succeeded.
- Examples: Move from Point A to Point B using skips and hops. As a group, dance for 30 seconds while keeping in constant physical contact with each other.
- Note: Movement Problems can be given for practically anything. Get creative! Use this as a teaching tool for any skill or concept that your class is learning.

Movement Problem 1
Pick an emotion, a place, or an action. Create a movement that is an abstraction of what you picked. Be careful not to mime or simply use gestures.

Movement Problem 2
Find a way to move from one side of the room to another without going in a straight line. Variations: using circular patterns, using sharp angles, while touching all 4 walls in the process, etc.

Movement Problem 3
Using your hand (variations: elbow, hip, knee, foot, head, etc.), make a path through space going from a neutral position (wherever it naturally is while standing) to somewhere on the floor.

Movement Problem 4
Dance around the space in the following pattern: 8 counts of locomotor movement, 8 counts of axial movement, repeat.