



## ACTIVITY INFORMATION

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**Length:** 20 minutes

**Suggested Age:** 6-10

**Equipment:** None

**Music:** Drum or upbeat music

**Primary outcomes:**

- Understanding an eight beat musical phrase
- Dancing in unison (synchronized) with a group
- Practicing coordinations that are important foundations for dance movements (e.g. grapevine)

## EXPLORE

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### PART 1

- Begin with the dancers in a circle and demonstrate three positions of the feet: open, closed and crossed.
  - » Open – two legs wide apart
  - » Closed – two feet side by side
  - » Cross – one foot in front of the other
- Ask the dancers if they know which of the three options will have two different versions. The answer is the cross position which can be shown with either the right or left foot in front.
- Practice each of the positions until the dancers are able to demonstrate them with confidence.

### PART 2

- Demonstrate for the group an eight beat movement phrase using only the positions listed above.
- As an example: open, closed, open, cross, open, closed, open, cross.
- Practice together as a group jumping from one position to the next while saying the positions aloud.
- Next, on a board or sheet of paper, write the movement phrase using representative symbols.
  - » O – Open
  - » C – Closed
  - » X – Cross
- Our example phrase would be written O C O X O C O X with each letter representing one musical beat.

## CREATE

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- Create groups of 4-5 dancers, giving each group a marker and piece of paper.
- Each group will create and write their own eight beat phrase using the three positions of the feet.
- Circulate the space, offering support and dancing along with each of the groups.
- Accompany the dancers as they practice by playing, either with a drum or a musical track, a strong steady beat.
- If there are groups that finish the task quickly, ask them if they are able to present their phrase four times in a row, without looking at their written sheet for support.

# Open, Close, Cross

## Prompt questions:

- “Is everyone in your group synchronizing their movements, doing the same position at the same time?”
- “What helps you stay together as a group? Are you counting or saying the positions aloud?”
- “Have you decided which foot crosses in front?”

## Things to Look For:

- A clear eight beat phrase that uses the three positions of the feet and can be demonstrated with a steady beat.
- Groups that are communicating well and practicing their movements as a team.
- Dancers who are able to confidently present the phrase without checking the paper or following their peers.

## SHARE

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Once you feel they are ready, ask each group to present their sequence. Decide as a group what criteria to consider when watching the performance and choose two or three specific areas of focus.

### Example:

- The eight beat sequence is clear and consistent
- The group is able to match their movements with the music
- The dancers are in unison

## Development:

- Ask the groups to translate the movements to their upper body with hands clasped, arms crossed and arms wide
- Ask the groups to try the movement with both upper and lower body at the same time.
- Experiment with the movement as a partner activity with claps, 2 hand high fives and 2 hand crossed high fives

## Adaptation:

- Try the activity with only two options, open and closed.
- Begin with a shorter phrase of only four movements.
- Translate the movement to a different part of the body, for example hands clapping, arms crossed and arms wide.