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TEACHER TOOLKIT

PONES

LABORATORY OF MOVEMENT

ARTISTS ON TOUR

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PROGRAM OFFERINGS

Pones: Laboratory of Movement promotes dance as a starting point to explore creativity, self-expression, and transforming ideas into action. All Pones programs are currently available virtually (live and/or pre-recorded) and in-person with masks/socially distant.

CORE CREATIVITY: LEARNING THROUGH DANCE

Curriculum: Dance, English/Language Arts, Social Emotional Learning, Social Studies, STEM

Combine arts and humanities with core content in an exciting dance workshop that will inspire students to take an active role in their own learning while engaging in aligned, standards-based activities. Perfect for the kinesthetic learner, this workshop helps to put ideas in the body and, therefore, cement them in the mind. This program is arts integration at its best and can be tailored to any grade level and content. Workshops offer students the opportunity to experience grade-appropriate curriculum in a fun, kinesthetic, and engaging way.

Core Creativity workshops will promote:

- Critical thinking skills
- Physical fitness
- Self-confidence
- Collaborative activities
- Creative expression
- Deep absorption of content

Core Creativity familiarizes students with key dance elements while igniting their imagination, and interacting through activities involving critical thinking and movement. This workshop is designed to reinforce learning and reflect upon student knowledge.

Examples: Students could physically experience what it might feel like to become the water cycle and see what evaporation, condensation, precipitation, transpiration, infiltration, and collection might look like if it were a dance. Once students feel these movements in their own bodies, they can better understand how the water cycle works and remember this information for years to come.

NOTE: *Core Creativity requires communication with the teacher, prior to the workshop, about how the curriculum will be integrated.*

Recommended Grades: K-12

Maximum Audience: 30

Length: 60 minutes each workshop

Cost: \$220 for 2 workshops (minimum)/\$110 each additional workshop

Max #Sessions per Day: 5

DANCE 101: EXPLORE YOUR EXPRESSION

Curriculum: Cultural Connections, Dance, Social Studies, STEM

Dance 101 is a workshop for everyone – from novice to advance – no special shoes or prior knowledge is required. Students will learn how to use the basic elements of dance (body, energy, space and time) to communicate using their bodies while exploring various styles of recreational, cultural, and social dance with this introductory course to the basic terms, steps, and concepts of each style.

Dance 101 will help students:

- Discover a fun way to stay healthy
- Communicate with others
- Express themselves
- Build confidence and a positive body image

This workshop can be a sample of different dance styles or focus on any style of dance, such as hip hop, ballet, salsa, or disco. Please let us know preference when ordering program.

Recommended Grades: K-12

Maximum Audience: 30

Length: 60 minutes

Cost: \$110 per workshop

Max #Sessions per Day: 5

DANCING ON THE GLOBE

Curriculum: Dance, Social Emotional Learning, Social Studies, STEM

Students will learn how to use the basic elements of dance (body, energy, space and time) to explore culture through non-verbal movements. They will look at the world in a new way, via the lens of dance in cultures from around the globe through original and learned choreography. Examples of cultural dances from around the globe include Bollywood from Mumbai, Kakilambe from Guinea West Africa, and Salsa from Cuba.

Dancing on the Globe will help students:

- Think globally and encourage cultural empathy
- Choose how their body will represent the landscapes, objects, or characters needed to tell a story using dance
- Learn dances from around the globe, such as, the Kakilambe from Guinea West Africa, Salsa from Cuba, and Bollywood from Mumbai

Recommended Grades: 3-12

Maximum Audience: 30

Length: 60 minutes

Cost: \$330 for 3 workshops (minimum); \$440 for 4 workshops (recommended)

Max #Sessions per Day: 5

DANCING THROUGH THE AGES

Curriculum: Dance, Social Studies, Visual Arts

While *Dancing through the Ages* students will explore various styles of recreational, cultural, and social dance from 1920s Charleston, 1950s sock hop, 1970s disco, 1980s hip hop, or any requested decades. Students also create a visual art project timeline, while learning about the events of the time periods they are discussing (ranging from women's suffrage to the premiere of Star Wars).

Dancing through the Ages will help students:

- Discover a fun way to stay healthy
- Communicate with others, Express themselves
- Learn about historical events in a new and fun way
- Build confidence and a positive body image

NOTE: *This workshop can be a survey of different dance styles or focus on any time period or ideas. Please let us know preference when ordering the program.*

Example: Students will start out the class learning about the decade by exploring the style and culture of the time period. Then students will learn choreography from the time period.

Recommended Grades: 3-10

Maximum Audience: 30

Length: 60 minutes (3-4 day workshop)

Cost: \$330 for 3 workshops (minimum); \$440 for 4 workshops (recommended)

Max #Sessions per Day: 5

HIP HOP AND RESPECT

Curriculum: Dance, Social Emotional Learning

We use hip hop as a tool to discuss and discover how empowerment and respect are valuable parts of being a young person. How do these ideas go together? Hip hop is all about respect and we will focus on celebrating each other, and lifting each other up.

Example: Each week we will work with a different theme/topic, for example, building up our peers. As we talk about supporting one another, we will employ exercises such as imagining you are mentoring someone younger than you or playing the 'Paper on the Back' exercise. We will then start to build a dance about these compliments, using collaborative skills in dance and creating choreography as a group.

Recommended Grades: 4-12

Maximum Audience: 30

Length: 60 minutes

Cost: \$110 per workshop (recommended 2 workshops minimum)

Max #Sessions per Day: 5

MOVING WITH THE MOVIES

Curriculum: Dance, Social Emotional Learning, Social Studies, STEM

Students will learn the basic elements of dance (body, energy, space, time) to communicate characters and stories through non-verbal movement. They will learn to think from a new perspective as they experience different dances from movies across the globe and through history. Students will think critically about different perspectives and encourage empathy. They will choose how their body will represent characters, cultures, and stories needed to portray a story through dance. Dance styles include examples such as Bollywood from Indian movie musicals, modern choreography from Disney movie musicals, and golden era dancing from old Hollywood.

Recommended Grades: 3-12

Maximum Audience: 30

Length: 60 minutes

Cost: \$330 for 3 workshops (minimum recommended); \$440 for 4 workshops (recommended)

Max #Sessions per Day: 5

SHOW U: IDEAS IN ACTION

Curriculum: Dance, English/Language Arts, Social Emotional Learning, Theatre

Students are transformed into performance artists through a fun and exciting workshop led by professional dancers. They will engage their creative sides and think critically about issues and topics relevant to their own lives while creating, rehearsing, and performing an original piece all their own.

By the end of the program students will have learned:

- Basic theatre and dance concepts
- Effective communication
- Respectful collaboration
- How to stand up for what they believe in / become an activist

Students will perform their work as empowered individuals, and create something completely unique, meaningful, and fun.



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Example: A class of eighth grade students voices a list of issues that are significant to them: bullying, recycling, sports, and school uniforms. Collectively, they select 'sports' as the topic to focus on for their production. Specifically, they have noticed that extracurricular sports are too expensive to participate in once travel costs, uniforms, equipment, and fees have been calculated. They investigate ideas that will make sports more affordable so that everyone who wants to participate is able to do so. In small groups they utilize provided composition worksheets to guide their examination of how to create positive change in sports. The students are challenged to funnel their discussion into action by creating a piece that uses multiple art forms – theatre, dance, spoken word, visual arts – to express their ideas. Students perform their original work for their peers at the end of the workshop.

Recommended Grades: 6-12

Maximum Audience: 30

Length: 60 minutes each workshop; minimum 3 days

Cost: \$330 for 3 workshops (minimum)/\$110 each additional workshop

Max #Sessions per Day: 5

PARTY ANIMALS RESIDENCY

Curriculum: Dance, STEM

In this class, we will investigate animals based on how they move. This program can be one to 10 sessions long. We'll explore the different animal classifications in a dance performance of the animal kingdom. Students will explore and learn about each set of animals. From the page to the stage, the students will understand each grouping both mentally and physically. The class will culminate in a group created dance inspired by the animals within each classification.

Example: Using the principles of dance students will explore movements of animals such as Protozoa/Flatworms, Echinoderms/Mollusks, Arthropods, Reptiles, Fish, Amphibians, Birds, and Mammals. Students may create choreography based on the animal movements and even perform for family and friends!

Recommended Grades: K-6

Maximum Audience: 30

Length: 60 minutes each workshop

Cost: \$110 per session, \$1,100 for 10 weeks

Max #Sessions per Day: 5



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STORIES IN MOTION RESIDENCY

Curriculum: Creative Writing, Dance, English/Language Arts, Theatre

We all have stories – good, bad, and everything in between – but the common thread with our stories is that they define us. Through storytelling and movement, we will explore what it is to bring our stories to life. No writing or dance experience necessary—just a willingness to share and explore movement. Over the course of 8 weeks, students will write their own stories, fiction or nonfiction, and turn those stories into movement storytelling.

Example: Week 1: Brainstorm about story potentials through movement and writing. Week 2: Solidify story ideas and begin crafting an outline. Week 3: Write out the story. Week 4: Finalize stories and share with other students. Weeks 5-7: Start putting together the movement version of the stories. Week 8: Review stories and perform for the class, and potentially family and friends.

Recommended Grades: 4-12

Maximum Audience: 30

Length: 60 minutes each workshop

Cost: \$880 for 8 weeks

Max #Sessions per Day: 5

WHY ARE THE ARTS IMPORTANT?

1. They are languages that all people speak that cut across racial, cultural, social, educational, and economic barriers and enhance cultural appreciation and awareness.
2. They are symbol systems as important as letters and numbers.
3. They integrate mind, body, and spirit.
4. They provide opportunities for self-expression, bringing the inner world into the outer world of concrete reality.
5. They are an opportunity to experience processes from beginning to end.
6. They develop both independence and collaboration.
7. They provide immediate feedback and opportunities for reflection.
8. They make it possible to use personal strengths in meaningful ways and to bridge into understanding sometimes difficult abstractions through these strengths.
9. They improve academic achievement -- enhancing test scores, attitudes, social skills, and critical and creative thinking.
10. They provide the means for every student to learn.

DANCE ACTIVITY

Fill in the blank with a feeling or emotion. Draw a picture of what makes you feel that way when you are moving.

I feel _____ when I am dancing!

STEP UP TO THE LINE

Establish a line or area for students to walk up to if they answer 'Yes' to any of the following prompts. Additionally, you can mix and match the prompts, let students create their own prompts, or have them try different ways to reach the line (hopping, skipping, rolling, leaping, etc).

Step up to the line...if you wanted to go to school this morning.

Step up to the line...if you play a sport.

Step up to the line...if you like your hair.

Step up to the line...if you have danced at a school dance.

Step up to the line...if you have eaten vegetables today.

Step up to the line...if you would like change something about yourself.

Step up to the line...if you have ever been bullied.

Step up to the line...if you have seen _____ movie.

Step up to the line...if you have ever been made fun of.

Step up to the line...if you are an artist.

Step up to the line...if you have recycled.

Step up to the line...if you have ever felt you needed to buy something cool to fit in.

Step up to the line...if you have ever felt ugly.

Step up to the line...if you have ever been on stage.

Step up to the line...if you have ever been rejected by a friend or partner.

Step up to the line...if you are interested in politics.

Step up to the line...if you have made fun of someone else.

Step up to the line...if you have a job.

Step up to the line...if you have ever felt not good enough for your parents.

Step up to the line...if you have made your own bed.

DANCE QUESTIONS

What is your first memory of dance?

What is the difference between social, ceremonial and performative dance?

What about dance intimidates you?

What does a dancer look like? Discuss issues of body image as it relates to dances.

What do people in our culture think about dance? Discuss the stereotypes associated with dancing.

How is being a dancer different than being a visual artist, musician, actor, etc?

What is the difference between dance and movement?

Why do you go (or not go) to see live performances?

How can dancers make their art form more accessible?

What if dance happened everywhere? Where would you want to see it?

What would YOU like to see change in dance?

DANCE AT PLAY- MAD LIB

INSTRUCTIONS

1. Break students into small groups (3-6 students per group)
2. Have each group fill in the 16 blanks on the worksheet. Make sure students don't get a chance to read the Mad Lib first!
3. Pass out the 'Best Day Ever' Mad Lib and ask students to fill in the corresponding blanks using the worksheet.
4. Have each group read their Mad Lib aloud and ask them to create a theatrical performance using their Mad Lib as a script.
5. Each group should perform their Mad Lib for the rest of the class.

PERFORMANCE GUIDELINES

- Instruct students to create a dance move, shape, or action for each of the parts of speech they created.
- Read each group's script for them during the performance so that all the students can participate in the movements.
- Encourage them to get creative in their presentation by including an entrance and exit, a formation or multiple formations to stand in, solos, duets, trios, different levels, props found in the classroom, different dance styles, etc.

DANCE AT PLAY- MAD LIB WORKSHEET

1. Adjective _____
2. Noun _____
3. Person _____
4. Adjective _____
5. Famous Person _____
6. Verb ending in "ed" _____
7. Place _____
8. Adjective _____
9. Transportation _____
10. Animal (plural) _____
11. Person _____
12. Geographical location _____
13. Adjective _____
14. Food (plural) _____
15. Sport _____
16. Movie _____

DANCE AT PLAY- MAD LIB

“THE BEST DAY EVER”

One _____ (adjective) day all the kids in _____ (noun) ville were surprised early in the morning by a phone call from _____ (person). They had called to announce, in a _____ (adjective) voice that school had been cancelled in honor of _____ (famous person) Day!

The kids immediately _____ (verb ending in “ed”) to _____ (place) to start preparing for the _____ (adjective) celebration.

They all piled into the _____ (transportation) and started their long journey. Along the way, they saw _____ (animal plural), _____ (person), and passed by _____ (geographical location).

They arrived at their destination _____ (adjective) and were tired, but quickly livened up when they saw that all of their favorite things were awaiting them.

There were _____ (food plural) to eat, _____ (sport) to play, and _____ (movie) was playing on a gigantic big screen.

After a long day of excitement _____ (famous person from above) arrived and declared it “The Best Day Ever!” The kids were so happy, they decided to dance all the way home.

DANCE TERMINOLOGY

- Accent – To emphasize a certain element of music or a dance step
- Alignment – The position or posture the body is held in while dancing
- Blocking – The act of a director or choreographer giving movement instructions
- Choreographer – A person who creates or designs dance compositions and sequences
- Choreography - The art of designing sequences of movement or dance
- Combo or Phrase – A short series of dance steps or movement, similar to a sentence
- Company or Ensemble – A group of performers who work or dance together
- Composition – An exploratory method of creating, arranging, and staging dances
- Counts – Numbers counted on rhythm or beat for keeping time, usually 1-8 for dancers
- Director – A person who manages or directs a performance given by actors or dancers
- Double-time – To perform movement twice as fast as the beat of the music
- Downstage – The front part of a stage, closest to the audience
- Duet – A dance or series of movements performed by two people
- Enter – To come onstage
- Exit – To leave the stage
- Half-time – To perform movements half as fast as the beat of the music
- Improvisation – Spontaneous or unplanned movements and actions by dancers or actors
- Isolations – The act of moving only one part of the body at a time
- Locomotor Movement - Movements that travel through space, from place to place
- Non-Locomotor Movement – Movements that stay in one location and do not travel
- Pathways – Routes dancers take to move through space, like a straight or a curved line
- Purpose – The reasons why we dance, usually social, artistic, cultural, or ceremonial
- Rehearsal – The period of time when dancers or actors practice their movements together
- Rhythm – The pattern or flow of movement to a particular beat that repeats regularly
- Solo – A dance or series of movement performed by one person
- Stage Directions – Outline the areas of a stage and tell a person where to move to next
- Tempo – The rate or speed of a piece of music or dance composition
- Tools of Dance – Include space, time, shape, level, focus, direction, and energy
- Upstage – The back part of the stage, farthest away from the audience

DANCE AND MOVEMENT GAME BANK

Journey Through...(K-3) – Select a location (jungle, outer space, under the sea, etc.) and lead your students on a movement-based journey through that space. Have them swing across canyons on vines, tiptoe atop stepping-stones over a pool of lava, backstroke through the ocean, leap over boulders, limbo under tree branches, shiver in dark caves, float through the galaxy, or flee from a panther.

Animal Walks (K-3) – Invite your students to move, walk, eat, sleep, or play like different animals using their whole body. Challenge them to perform specific tasks or activities moving as the animal would, and instruct them to vary the pace from fast to slow or move as if feeling a particular emotion.

Mirrors (K-6) – In partner pairings, one student leads the exercise while the other follows until the teacher calls “switch.” The leader performs slow, steady, controlled motions and the follower, facing them, must reflect the leader’s movements exactly as a mirror would, watching closely to match speed and detail.

Family Photos (K-8) – Think of a list of groups of people – tourists at an amusement park, passengers on an airplane, football players, monkeys, robots, pumpkins in a patch, etc. Call out the group and count to 3. Within the 3 seconds, everyone in the group must pose for a group photo, moving as their character would. Encourage imaginative, full-body movement and facial expression with specific prompts that indicate a situation or emotion, such as “a group of hungry lions about to sneakily pounce on their prey.”

Sound & Motion Wheel (K-12) – Have the class stand in a circle. The first person to go will improvise a noise and do a large motion to accompany it. Everyone in the circle will repeat it all at once. Then the next student will improvise a different sound and motion for the rest of the group to mimic. Encourage students not to pause and think, but rather to just do the first thing that comes to mind, to be creative, and to make big gestures. Instruct participants to use their full range of motion by selecting movements, body parts, and sounds that are completely different from their neighbor’s.

Body Alphabet (3-8) – Instruct students that they must spell out certain words on the ground using only their bodies to form the shape of the letters needed. All students must participate in forming at least one letter of the word, and they cannot talk while doing this exercise. They must rely on teamwork, creativity, and body language.

DANCE AND MOVEMENT GAME BANK

Machine (3-8) – Students should stand in a line stretching across the classroom. The first student will make a sound and perform a large movement that touches the student next to them. When the next student feels the touch, they will make a different sound and movement, and so on down the line until the last person has given a sound and motion. Have students repeat the whole thing going faster and faster, using the same sounds and motions every time, until they resemble an assembly line machine. Let students give their machine a name and decide what it produces.

Freeze Dance (3-12) – This classic game is a fun way to explore different movements. Feel free to give students a theme such as “dance like a giraffe” or “dance like a race car” while playing the music. Student freeze in a pose when the music stops. Any students caught moving are out. Continue until there is 1 winner!

Movement Thief (3-12) – Select one student to leave the room - this person is the Movement Detective. All the other students will gather in a circle and choose a Movement Thief. The Thief will begin a motion for everyone else in the circle to copy and perform with them. The student sent outside the classroom (Detective) will stand in the middle of the circle. Periodically, the Thief will change the motion and everyone else should copy that change. The Detective has three chances to try to guess who the Thief is using their observation skills. Participants should be instructed not to look directly at the Thief, but rather to look to the person across from them. Motions that do not create sound work best for this exercise.

Join the Tableau (3-12) – Choose a situation or location, such as “a day at the zoo” or “the big game.” One by one, students will pick a character, raise their hand and be called upon to go up and pose as that character in the scene using movement and a facial expression. They will freeze in that position. Once everyone is involved, students will have produced a scene with a wide range of specific characters, emotions, and movements to tell a snapshot story of the situation.

Sit, Stand, Lie (6-12) – This is a three-person improvisational scene. At all times, one character must be sitting down, one character must be standing up, and the third character must be laying down. There should be a logical reason, revealed throughout the playing of the scene, as to why each character is sitting (typing at a keyboard), standing (running on a treadmill), or laying down (a baby practicing “tummy time”). If at any point one of the characters changes position (goes from sitting to standing), the other characters must move too (and make it work with their story line in the scene) so that one person is always sitting, standing, or laying down. Movement shifts are encouraged.

DANCE AND MOVEMENT GAME BANK

Evolve (6-12) – All students will start off moving around the room as amoeba. When the instructor calls “evolve” everyone finds a partner and plays a round of Rock, Paper, Scissors. The winner of the round will evolve to become a fish. They will now move as a fish would. The person who loses the round of Rock, Paper, Scissors will stay an amoeba until the instructor calls “evolve” again and everyone finds a new partner to Rock, Paper, Scissors with. Each time a student wins they advance to the organism of the next level. Students must move as their organism and interact appropriately with other players (think of the food chain!). Levels are: amoeba, fish, frog, insect, small bird, large bird, small mammal, large mammal, and human.

The Story (6-12) – Ask students, in groups of four or five, to make up a simple plot that incorporates all the elements of a story (characters, setting, conflict, resolution, etc.) Much like a ballet, the group must tell the story they created using dance as their only method of communication. They can utilize any style of dance, any steps, or any dance movement, so long as they do not speak or simply walk or gesture through the scene. Students should focus on creating, improvising, and using as many dance movements as possible, as opposed to just regular movements, so that there is constant motion onstage, from all characters.

Go Stop Clap Jump (K-12)- A very energetic drama game which will quickly get you warmed up and listening to directions. For this game, you'll need a Leader who is good at remembering instructions. To start, all players (except the Leader) spread out so they have room to move. When the Leader says, "GO", all the players walk around, filling the space in the room. When the Leader says, "STOP", all the players must freeze. Add two more instructions: When the Leader says, "CLAP", all the players should clap. When the Leader says, "JUMP", all the players should jump. The Leader should mix up the instructions - GO, STOP, CLAP, JUMP - for a while until at least most of the players are doing it correctly. Now two more instructions can be added: When the Leader says, "SKY", all the players should reach up towards the sky. When the Leader says, "KNEES", all the players should bend down and touch their knees. Continue now with all six instructions until pretty much everyone get it right. Now, to make it tricky, the Leader announces that everything is now opposite: GO now means STOP, STOP now means GO, CLAP now means JUMP, JUMP now means CLAP, SKY now means KNEES, KNEES now means SKY. The Leaders mixes up all the instructions and does the opposite actions along with the players.

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