

We're learning about...

ENERGY!

When we dance we can move with SHARP energy like fireworks bursting in the sky or we can move with SMOOTH energy like ice cream melting on a hot summer day.



SHARP



SMOOTH

Reflection:

Ask me if the following movement words are SMOOTH or SHARP movements: Float, Kick, Sway, Poke, Stretch, Punch, ECT.

Explore at Home:

Can you think of other ways to move smoothly and sharply? Take some time together to explore different qualities of movement.