F-2 Dance Resource: Body bubble

**[David]:** Body bubble is the amount of space that the body occupies at any given time.

If you ask your students to put their arms out to the side, they'll realise they're occupying a different amount of space as to when they've got their hands above their heads.

**[Jen]:** Students will have a better understanding of the size of their body bubble if they explore a number of different body positions.

David, can you lift one arm forward?

And take your other arm back.

Now bend your knees.

Students will realise there has been a change in body height and width.

If students are working in pairs, they can measure and see different body bubbles.

David, each time I clap, I would like you to change your body to make a different body bubble.

Hold, two, three.

Change. Hold, hold, hold.

Change. Hold, hold, hold. Change.

Hold, hold, hold. Change.

**[David]:** Each body bubble makes a new body position. A body position is how and where body parts are organised and held in stillness.

**[Jen]:** Students need time to imagine how their body feels and looks.

David, make a tall body position.

Hold it and remember it.

Now make another body position, lower and wider.

Hold it and remember it.

When students remember the body positions, they can link them to invent movement patterns.

David, can you go to position one?

And now to position two.

Can you come back to the centre?

We're now going to demonstrate moving.

Move to position one.

Move to position two.

Move back to position one.

Move to position two.

As students practise this, they will find different pathways to change the body position.

Let's repeat.

Move to position one.

Move to position two.

Move back to position one.

Move to position two.