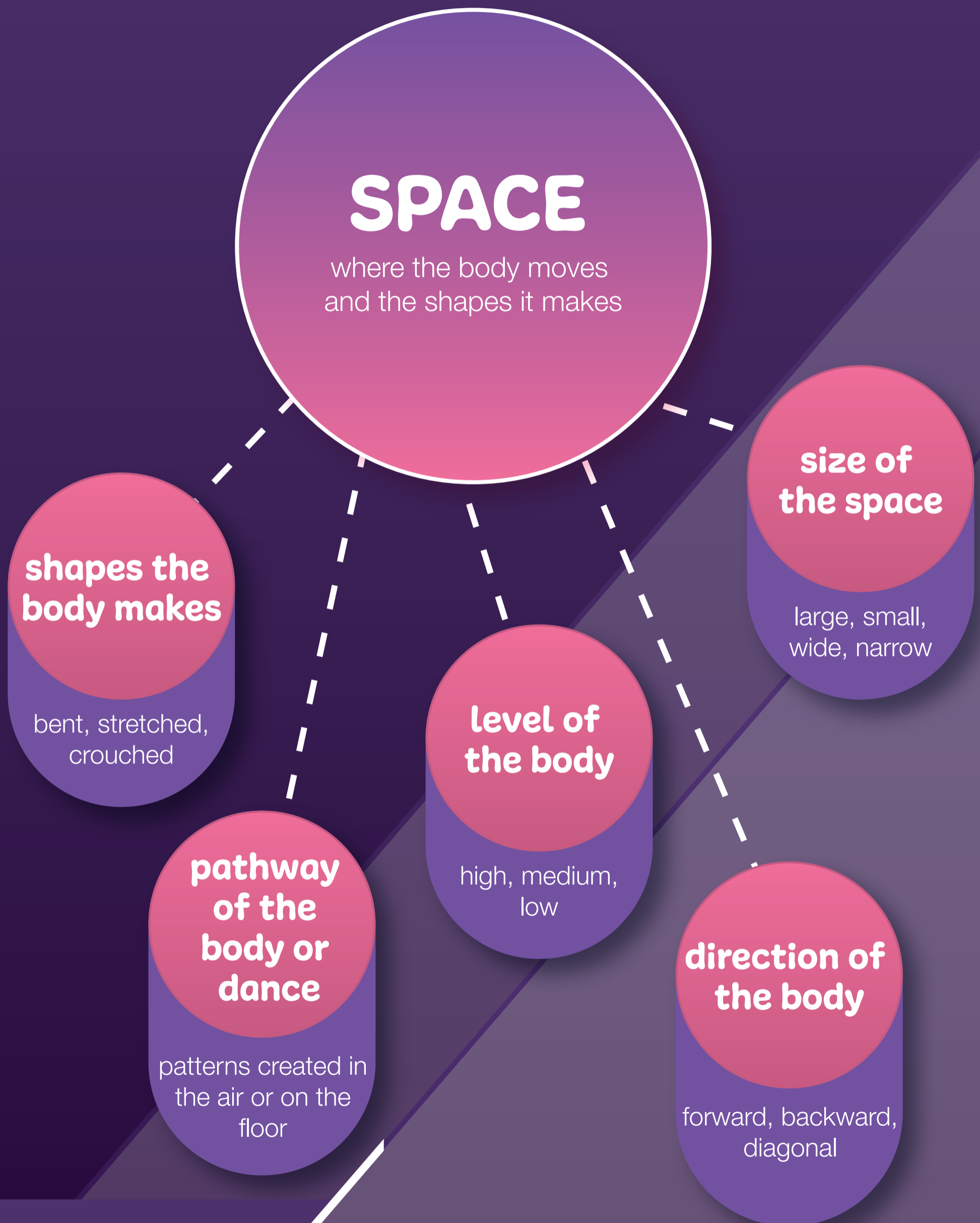


THE ELEMENTS OF DANCE

Victorian Curriculum F–10



THE ELEMENTS OF DANCE

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TIME

when the body moves
and how long the dance takes

duration

short, long

beat

steady, uneven

phrasing

smoothness

speed

slow, fast

accent

emphasis

stillness

pause, rest

THE ELEMENTS OF DANCE

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ENERGY (dynamics)

how the dance is performed

force

the strength or power
of the dance movements

heavy or light,
strong or soft

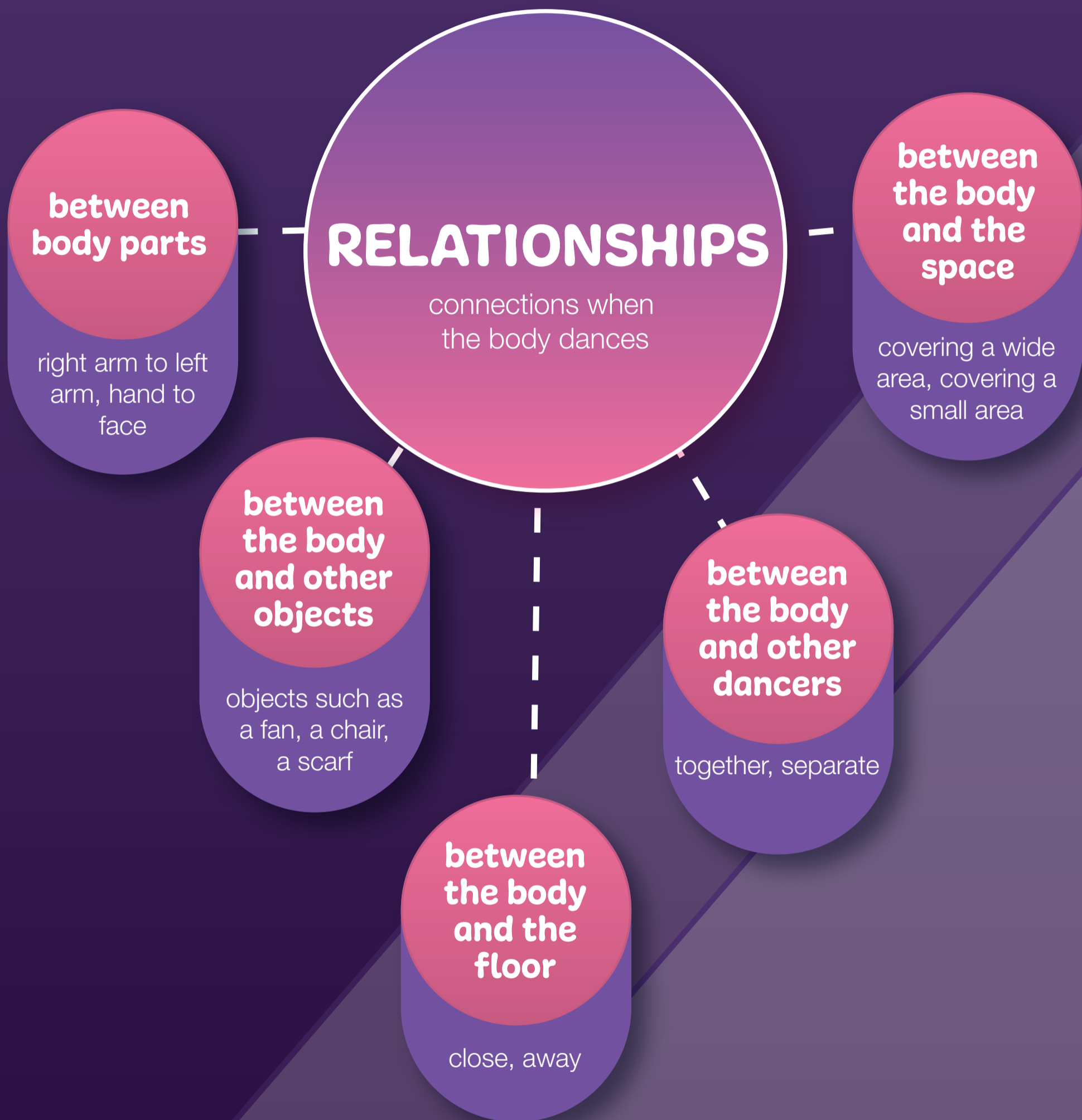
flow

the smoothness of the
change from one
movement to the next

smooth or sudden,
jerky or sustained

THE ELEMENTS OF DANCE

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DANCE

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LOCOMOTOR MOVEMENT

travelling movement
(movement from one space
to another)

walking, running,
hopping, skipping,
leaping, crawling

NON-LOCOMOTOR MOVEMENT

on-the-spot movement

bending,
stretching, twisting,
shaking, bouncing,
rising, sinking, pushing,
pulling, swinging,
swaying