

THE ELEMENTS OF DANCE

Victorian Curriculum F–10

SPACE

the area through which the body moves and the shapes it makes

performance space

the area shared by all the dancers

large, small, wide, narrow, negative space versus positive space

personal space

the area the body moves through, plus the shape, size, level, direction, pathways and focus of the body's movements

shape (bent, stretched, crouched)

dimension (large, small, wide, narrow)

level (high, medium, low)

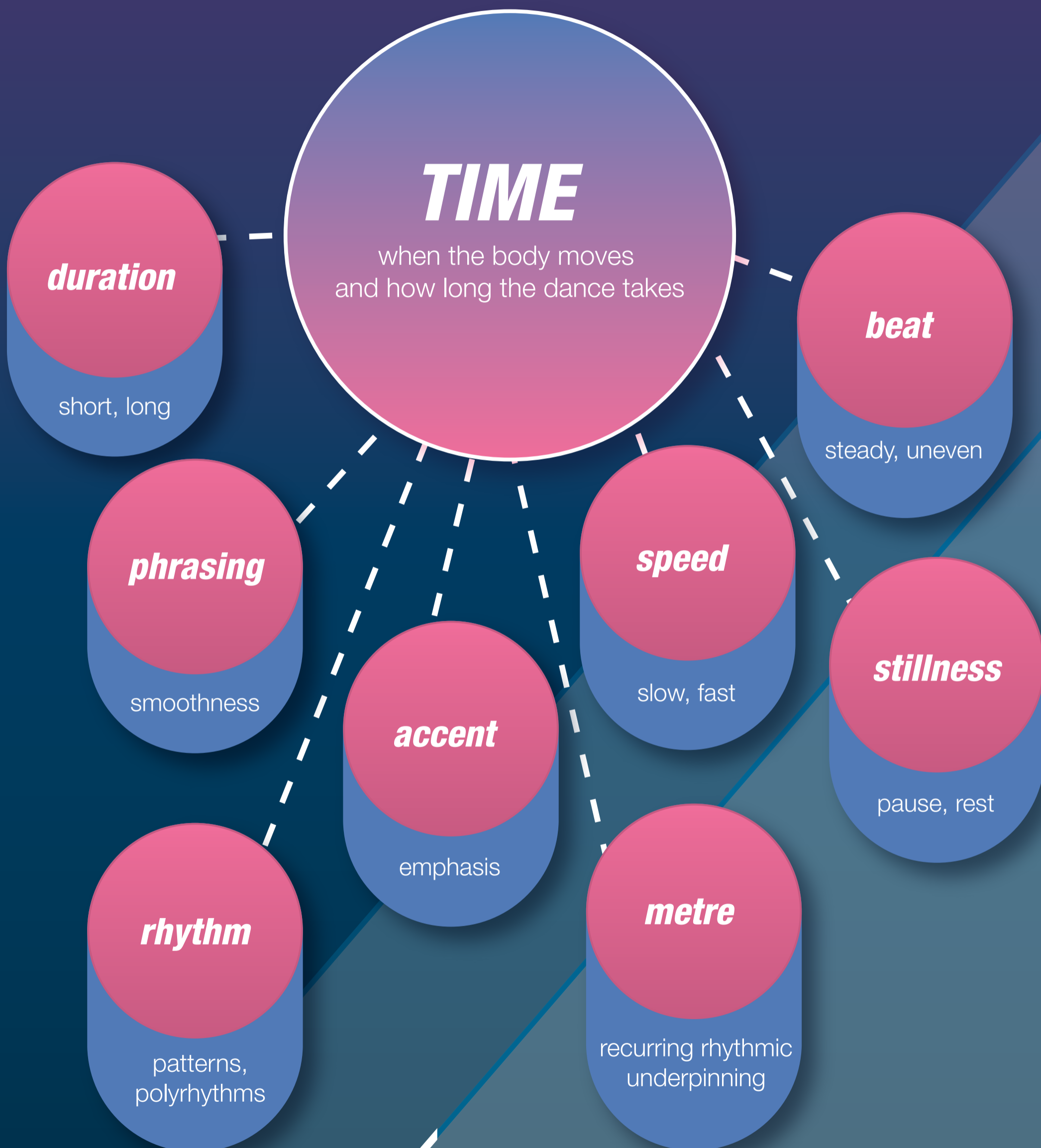
direction (forward, backward, diagonal)

pathway (patterns created in the air or on the floor)

focus (eye focus, body focus, direct, indirect, variation of focus)

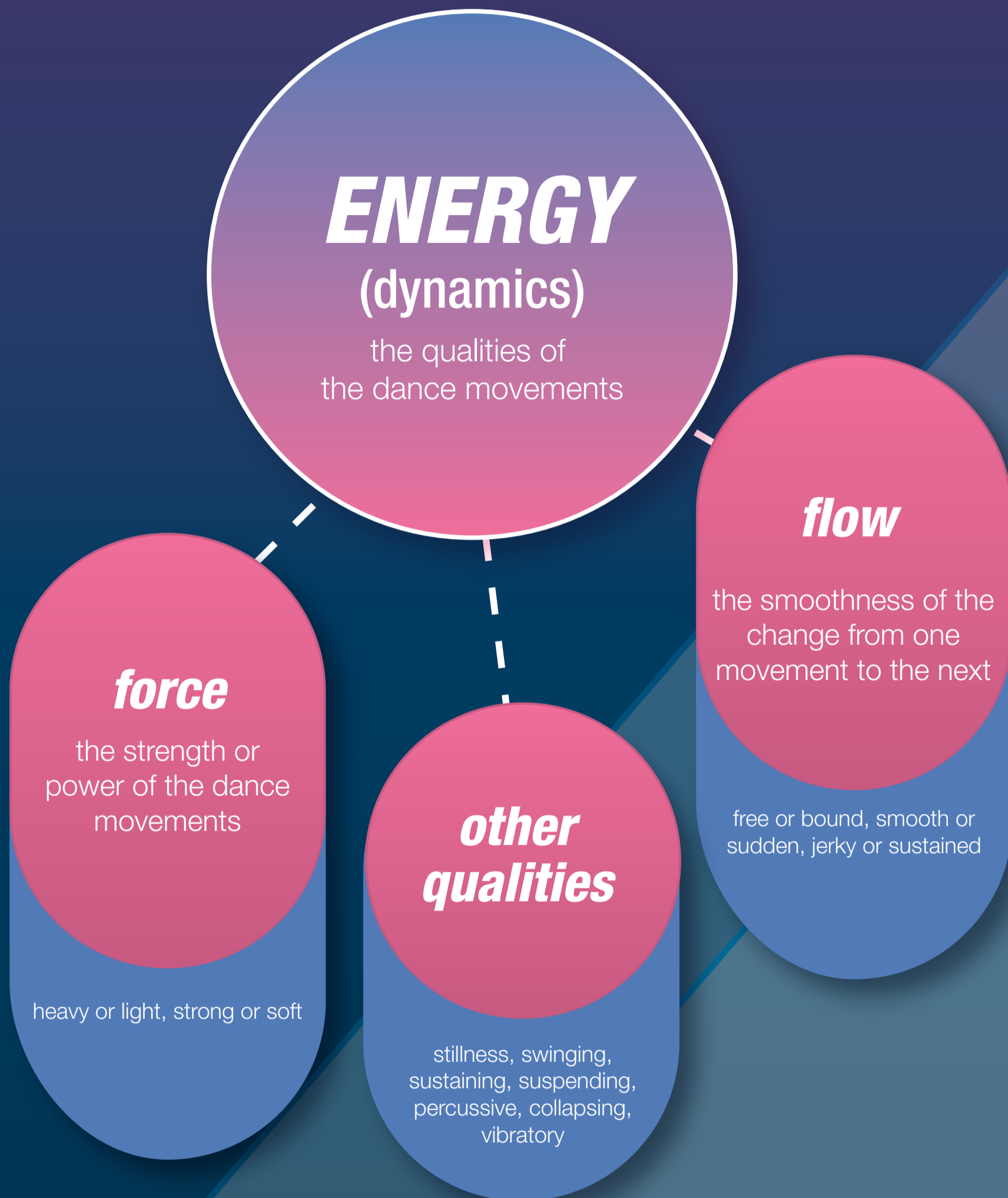
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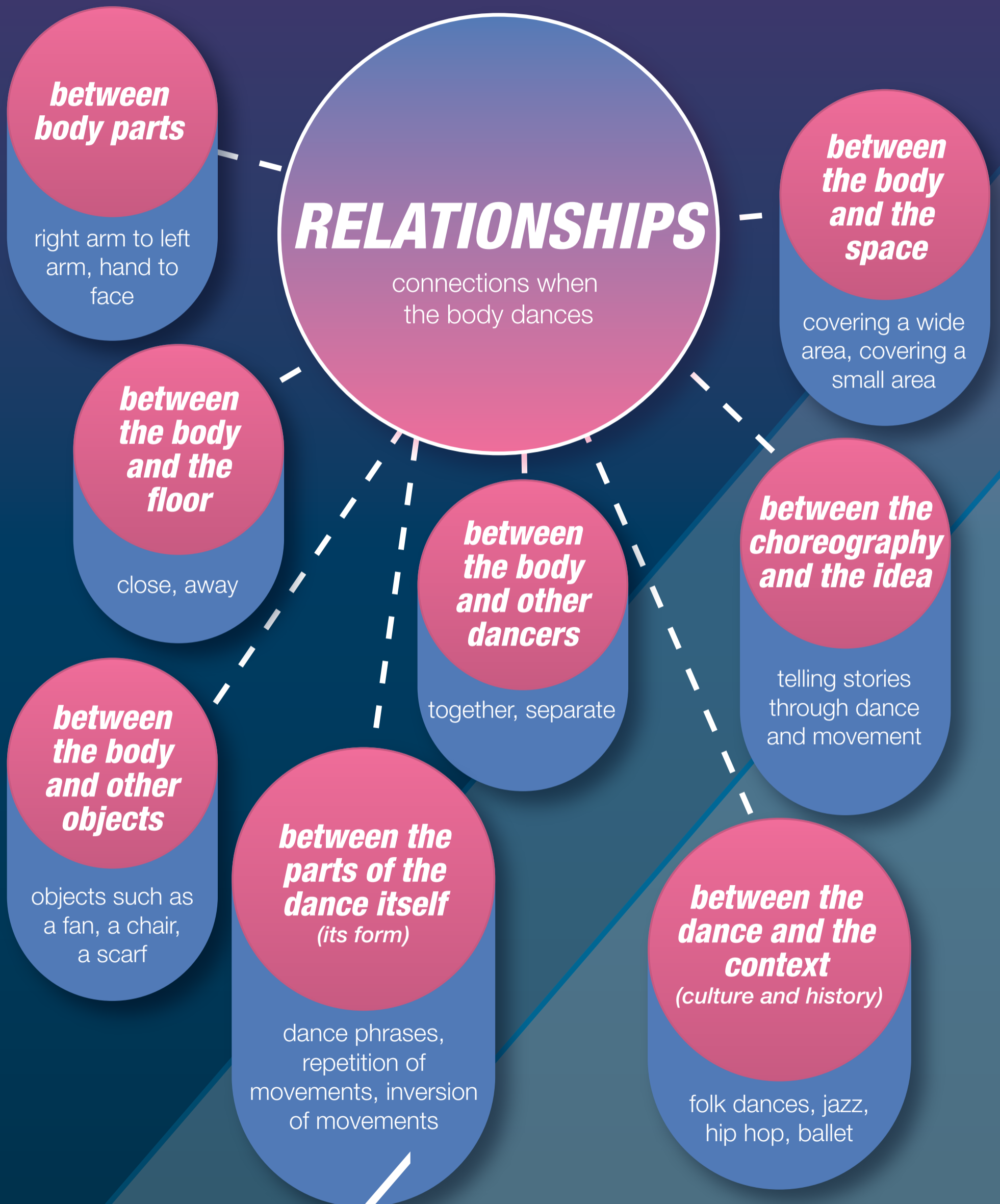
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DANCE

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LOCOMOTOR MOVEMENT

travelling movement
(movement from one space
to another)

walking, running,
hopping, skipping,
leaping, crawling

NON-LOCOMOTOR MOVEMENT

movement of the body
above a stationary base
(axial movement)

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