

Boom Boom Pow Workshop: Grades 2 to 5

This fun primary / junior dance program will introduce students to the steps and styling of hip hop and jazz, while giving them a chance to explore their first steps in performance. This is a great option for introducing students in a relaxed and friendly way, to basic dance skills appropriate for their age group.

The program is one hour in length. A line dance format is used to teach students three to four dance sequences. This is followed up by repetition of a “performance” piece, using the moves they have learned. The big finale is a friendly dance-off between boys and girls!

Teachers can follow up the workshops with further enhancement of student choreography, judging by peers, performance for other classes, etc.

Dance Elements:

- body: body awareness (e.g., awareness of where one is in space in relation to objects in class), use of body zones (e.g., the right side of the body only versus the left side only), use of body parts (e.g., arms, legs, fingertips, torso), shapes, locomotor movements (e.g., running, galloping, crawling, creeping), non-locomotor movements (e.g., jumping, turning), body bases (e.g., knees as base, back as base)
- space: levels (e.g., middle level, expanding movements), pathways (e.g., straight, curvy, zigzag), directions (e.g., diagonal), size of movement
- time: freeze, tempo (e.g., stop/start, sudden, quick, sustained), rhythm (e.g., even, uneven)

Specific Expectations:

- develop short movement phrases
- incorporating different pathways (e.g., straight, curvy), directions (e.g., forward, back, sideways, diagonal)
- create distinct beginnings and endings for dance phrases in a variety of ways
- identify and give examples of their strengths and areas for growth as dance creators and audience members

Fee: \$225 plus HST – For 2 x 1 hour workshops (limit 35 students per group) - note that while this is a 1 hour workshop, it is cost effective for us to only book it in two's, ie. 2 x 1 hour sessions in a single morning or afternoon.

Note: If your school is booking more than one workshop, there is a \$25 discount per 2-hour workshop applied!