

## Braindance for the classroom

Teaching the Sequence of Braindance so students can do sit or explore their room

Tennessee Theatre Standards for Physical Education :

Standard: Movement Forms/Motor Skills and Movement Patterns

1. demonstrate mature form in all locomotor patterns and selected manipulative and non-locomotor skill
2. acquire beginning skills in specialized movement form
3. use responsible behavior in safety procedures for all physical activities

The purpose of this workshop is to teach the teacher and their classroom how to do the technique of Braindance in their classroom while at their desk or exploring the room safely.

Class will begin with the students being guided through the sequence of Braindance. Breath, Tactile, Core-Distal, Head-Tail, Upper-Lower, Body-Side, Cross Lateral, and Vestibular. This is the sequence for Braindance. I will demonstrate and the class will mirror my movement as we move through the sequence. The students will do this standing behind their desk in one spot.

Following the Braindance warm-up students will sit down and we will explore how to do each part of Braindance while sitting in their seats. I will explain the purpose of each sequence as we the students move in each sequence.

After the students have been through the entire Braindance while sitting at their desk. The next part of the workshop will have the students exploring the sequences of Braindance while moving through the classroom. I will ask for those students whose last name are between A-H to stand up. I will explain to them that they will follow my instruction of moving through space while exploring the Braindance technique. As they move through space I will remind them of to pay attention to their surroundings so that they do not bump into anyone. Students who were not called will continue to explore the technique while sitting. I will then ask those who are moving through the classroom to stop and continue to do the Braindance while standing in place while those students whose name begins with I-Z will get up and start to travel through space while the first group stays in the spot they are in as the whole class continues to follow the sequence that I call out to them. Now I have the second group freeze in space and continue to do the Braindance while in that spot. I ask the first group to start moving through space again. Then I will guide them back to their desk as the other group is standing. The first group will sit and continue to do the Braindance as the second group starts to move through space again and eventually make it back to their desk again.

At this point I will ask the students what were the things they experience while doing the Braindance. Which parts did they like? Which part did they not like? I will have the class repeat the sequence to me verbally to make sure they have remember it. I will answer any questions the class has or the classroom teacher have.