PTBC/Brain Dance 5-8

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: Date:\_\_\_\_\_\_\_\_\_ Date of Absence: \_\_\_\_\_\_\_\_\_\_

PART 1—Learn the Patterns:

Upper-Lower: The upper and lower body each function as integrated units, with the upper body (rib-cage, shoulder-girdle, arms and hands) works in contrast to the lower body (pelvic girdle, legs and feet)

Body-Half: Trains the body to work with one side stable and the other side mobile and vice versa. Right side verse left side.

Cross-Lateral: Develops diagonal connections through the body.

Vestibular: The sense of balance. Activated by spinning of the body or rotating the head.

PART 2--For each of the following patterns, write THREE examples of movement. The movement can be dance movement or everyday movement!

UPPER-LOWER BODY-HALF

CROSS-LATERAL VESTIBULAR