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

**Swing/Sway**

**Swing: Movement going back and forth or side to side with a weighted, underneath feel.**

**\*\*Go to the park, or your backyard, etc. and swing on the swingset for 5 minutes. Feel the weight of each back and forth motion. Then watch someone else swing on the swingset.\*\***

**Answer the following questions in complete sentences:**

1. **What does swinging feel like?**
2. **What does swinging look like when you watch someone else?**
3. **Give your own definition of swing:**

**Sway: Movement going back and forth or side to side with an upward curve. Example: Tree branches blowing in the wind.**

**\*\*Get a piece of paper (not this one) and crumple it into a ball. Throw it over your head forward, behind you backward, to your left and right over your head all with your right hand. Then repeat the same things but with your left hand. Repeat 3x. \*\***

**Answer the following questions in complete sentences:**

1. **What does it feel like to sway your arms?**
2. **How does swaying differ from swinging?**
3. **What does it look like to sway?**
4. **List and describe three dance moves that use sway.**

**B.**

**C.**

**5. Define sway in your own words:**