Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class Period:\_\_\_\_\_\_\_

Date of Absence: \_\_\_\_\_\_\_\_

Today’s Date:\_\_\_\_\_\_\_\_

Absent Make-Up: Acceleration and Deceleration

Acceleration: *to start slow and gradually speed up your movement*

Deceleration: *to start fast and gradually slow down your movement*

1. Where do you see acceleration happening in your everyday life?
2. Where do you see deceleration happening in your everyday life?
3. In dance when would you use acceleration when choreographing a dance? And why?
4. In dance when would you use deceleration when choreographing a dance? And why?
5. You need to create a dance sequence that is at least 2 counts of 8 long. You need to incorporate acceleration and deceleration. So you could start of really slow and speed up in the middle and then gradually slow back down or visa versa. You could start out really fast and slow down in the middle and then gradually speed back up. You choose! You will need to pass off your sequence with your teacher.

Teacher Pass Off

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_