

7 Jumps-Folk Dance Adapted
Learned from Matthew Stensrud and Jennifer Donovan



Note: Similar ideas can be used for socially distant classroom spaces and/or virtual classrooms.

Learned from Matthew Stensrud

Skills: Form, balance, accumulative, rhythm patterns, tension/release

A Section:

Walk in place to the beat

- Option: Play with the space around their desk or wherever they are playing from. You can explore the different directions, speeds, traveling words, etc. here.

Clap in front (3x matching the music)

Clap behind your back (3x)

Clap in front (3x)

Clap behind your back (3x)

B Section:

Pull on a heavy bell while balancing on one foot (use your screen if recording -OR- doing a live, virtual lesson to observe the bell coming from different spots in the room. Each one that you add, have another place you are pulling the bell from.)

- Each time through, add another place the bell is coming from.

Video link: <https://www.youtube.com/watch?v=AexGpqSpR4Q&t=245s>

Learned from Jennifer Donovan

B Section:

Use statues cards from Artie Almeida (free) pose cards for students to move to

<http://www.artiealmeida.com/resources/Statues.pdf>

Video link: <https://www.youtube.com/watch?v=OR4ookcPIGE&t=243s>