

(1) Using walking and running steps, travel around the room in a circle starting slowly, gradually increasing speed, then gradually decreasing speed. Follow either the beat of the drum or music played by an accompanist. Take each beat of the drum or each note of the music as a step.

(2) Using an exercise which the class has already mastered, execute it at speeds faster than normal: at speeds lower than normal: at gradually increasing speed: at gradually decreasing speed.

1. Large-small, strong-light, fast-slow (Objectives 1, 2, 3, 4)

These factors are inter-related. For instance, in natural movement as a walk becomes a run and then a leap each movement becomes larger in space and stronger in dynamics or force. Changing the natural degree of one or more of these factors leads to the discovery of a much broader field of movement. Certain elements of style will also develop from such experimentation.

(1) Do a large, strong, slow movement. Now do a large, strong, fast movement.

(2) Do a small, light, fast movement. Now do a small, strong, slow movement.

(3) Running diagonally across the room

Run gradually faster and lighter.  
Run gradually faster and stronger.  
Run gradually slower and stronger.  
Run gradually slower and lighter.

m. Meter. (Synonomous with time) (Objective 3)

(1) As far as possible experience should be given in moving to the following meters:  $2/4$ ,  $3/4$ ,  $4/4$ ,  $5/4$ ,  $6/8$ ,  $9/8$ ,  $12/8$ .

(2) Changing meter. Circling the room, walk forward 4 steps starting with the right foot. Turn in place to the right with 3 steps starting with the right foot. Repeat all of this continuing in the line of direction, starting with the left foot and executing the turn to the left. Use one measure of  $4/4$  time and one measure of  $3/4$  and repeat. Experiment with other locomotor and non-locomotor patterns of movement using various kinds of changing meters. Experiments of this kind should emphasize movement and should not become mathematical exercises. Too often manipulation of rhythmic devices becomes an end in itself rather than taking its rightful place as a means to better and more functional movement.