

# Wait, I Have to Teach Movement?

West Virginia MEA Music Conference – March 6, 2020

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## Beginning with Braindance –

- This is for you and you alone
- Do not engage your neighbor
- Move according to how the music tells you to move
- Be mindful of “Bubble Space” (please put your bubbles on)
- Freeze when the music stops – both feet need to be on the floor

Music Sample: “Potpourri”  
Eric Chappelle  
Contrast and Continuum Vol. I

## Why teach movement in the Music Classroom?

Develop coordination, brain/body balance & concentration

**Self Awareness**

Build range of motion, muscle strength & endurance

**Creativity & explore musical expression**

Blood circulation to the brain translates to elevated mood and cognitive function

**Increases cognitive acuity**

**Improves learning skills**

**Develops parts of the brain that help to speak, read, write and play instruments!**

## Introduction of **Zwubber Bands**:

- 7 foot elastic bands in rainbow colors with clip and Velcro closure
- Separate sections can be used separately or combined to create whatever size is needed 7 feet to 42 feet can fit from 4 students to 36 students
- Can be used in small groups or entire class
- In a straight line or in a circle

**Small Group Work ----- Bounce to the Beat – drum  
High/Low – xylophone**

**Other ways to use **Zwubber Bands**:**

**Coordinated Movement – follow the leader**

Music Sample: One Bent Tulip  
Kerri Lynn Nichols  
Music For Dancers, Too!

**Shapes – Choose shapes and create**

Music Sample: Breathe  
Eric Chappelle  
Contrast and Continuum Vol. III

**My Personal Favorites**

**Shape, Wiggle, Go! –**

Music Sample: Shape, Wiggle, Go!  
Kerri Lynn Nichols  
Music For Dancers, Too!

**Using “Statues” – (or use a Mannequin)**

Music Sample: Bolivia  
Kerri Lynn Nichols  
Music For Dancers

**Ribbons –**

Music Sample: Circles & Squares  
Kerri Lynn Nichols  
Music For Dancers, Too!

**Partners – using pool noodles**

Music Sample: Echo Lady Who  
Eric Chappelle  
Contrast and Continuum Vol. I

**Scarves –**

Music Sample: Echoes and Shadows  
Kerri Lynn Nichols  
Music For Dancers

**Detectives –**

Music Sample: Mr. E  
Eric Chappelle  
Contrast and Continuum Vol. III

**Melting –**

Music Sample: Pathway Puzzle  
Eric Chappelle  
Contrast and Continuum Vol. II

**The Add On Machine –**

Music Sample: The Add on Machine  
Eric Chappelle  
Contrast and Continuum Vol. I

**From Magical Fantastical Theatrical Camp, Summer 2011**

<https://www.youtube.com/watch?v=HevmmCHg69g>

Where to find this stuff:

Eric Chappelle

Music for Creative Dance Contrast and Continuum Vols I-IV

[musicforcreativedance.com](http://musicforcreativedance.com)

Kerri Lynn Nichols

Music For Dancers

Music For Dancers, Too!

[beatinpathpublications.com](http://beatinpathpublications.com)

Any questions, feel free to contact

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Join our Blog at [zellerwear.com](http://zellerwear.com)

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*Zwubber Bands* are available to purchase today at a discount from Zellerwear at their booth or you can find them online at: [www.zellerwear.com](http://www.zellerwear.com)

Session Notes available at: [www.zellerwear.com](http://www.zellerwear.com)

Ukuleles provided today by Peripole: [www.peripole.com](http://www.peripole.com)