The Elements of Dance

Victorian Curriculum F–10

space: where the body moves and the shapes it makes

shapes the body makes

bent, stretched, crouched

size of the space

large, small, wide, narrow

level of the body

high, medium, low

direction of the body

forward, backward, diagonal

pathway of the body or dance

patterns created in the air or on the floor

The Elements of Dance

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time: when the body moves and how long the dance takes

duration

short, long

speed

slow, fast

beat

steady, uneven

stillness

pause, rest

accent

emphasis

phrasing

smoothness

The Elements of Dance

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energy (dynamics): how the dance is performed

force: the strength or power of the dance movements

heavy or light, strong or soft

flow: the smoothness of the change from one movement to the next

smooth or sudden, jerky or sustained

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The Elements of Dance

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relationships: connections when the body dances

between body parts

right arm to left arm, hand to face

between the body and the space

covering a wide area, covering a small area

between the body and the floor

close, away

between the body and other objects

objects such as a fan, a chair, a scarf

between the body and other dancers

together, separate

Dance

Victorian Curriculum F–10

locomotor movement: travelling movement (movement from one space to another)

walking, running, hopping, skipping, leaping, crawling

non-locomotor movement: on-the-spot movement

bending, stretching, twisting, shaking, bouncing, rising, sinking, pushing, pulling, swinging, swaying

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