The Elements of Dance

Victorian Curriculum F–10

space: the area through which the body moves and the shapes it makes

performance space: the area shared by all the dancers

large, small, wide, narrow, negative space versus positive space

personal space: the area the body moves through, plus the shape, size, level, direction, pathways and focus of the body’s movements

shape (bent, stretched, crouched)

dimension (large, small, wide, narrow)

level (high, medium, low)

direction (forward, backward, diagonal)

pathway (patterns created in the air or on the floor)

focus (eye focus, body focus, direct, indirect, variation of focus)

The Elements of Dance

Victorian Curriculum F–10

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

rhythm

patterns, polyrhythms

metre

recurring rhythmic underpinning

The Elements of Dance

Victorian Curriculum F–10

energy (dynamics): the qualities of the dance movements

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

free or bound, smooth or sudden, jerky or sustained

other qualities

free or bound, smooth or sudden, jerky or sustained

The Elements of Dance

Victorian Curriculum F–10

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

between the choreography and the idea

telling stories through dance and movement

between the parts of the dance itself (its form)

dance phrases, repetition of movements, inversion of movements

between the dance and the context (culture and history)

folk dances, ballet, jazz, hip hop

Dance

Victorian Curriculum F–10

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

walking, running, hopping, skipping, leaping, crawling

non-locomotor movement: movement of the body above a stationary base (axial movement)

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

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