



Young Audiences of Massachusetts
Experience. Understand. Create. Connect.

Mass Movement, Inc. Workshop Descriptions

Social Studies:

African-American Culture: African Dance to Hip Hop:

Students are taught an African harvest dance with includes gestures representing actions of preparing soil, planting seeds and gathering crops. This dance is used to explore an ethnic group's use of movement to teach their young of their occupation, affirm their identity, connect to their music and to use movement as a cultural activity. We then look at Hip Hop and its connection to popular music and culture. Students are led through guided exercises to explore how movement can be used to dramatize language and explore emotional states. They will create their own dances that use movements that stylize actions from our everyday lives, create conversations, tell stories and express our individuality. We teach skills that improve students' physical well-being but will also foster creativity in a positive learning environment. This residency aims to build positive self-image and tolerance for individuality outside the norm, as well as, physical activity to develop motor skills, strength and flexibility.

International Folks Dances from All Continents:

Cultural dances from Europe, early America, and/or Latin America
Students are introduced to the music and dance styles from different cultures with emphasis upon coordination, direction, cooperation and musicality. We have instructors who specialize in dances from different parts of the globe. Example of one dance: Seven Jumps from Denmark. Danced in a circle, the chorus is a skipping step while the seven figures begin with balancing on one leg, and each figure adds another task that gets lower to the floor. The dance teaches sequencing and works on basic locomotor skills involving coordination, balance, and flexibility while involving the students in a fun and challenging group activity. Introductory games and activities will give students an opportunity to creatively explore basic components of dance and develop movement skills.

Science and Mathematics:

Dances of the Solar System:

In one example, the topography and weather on Mars is used as inspiration to create a vocabulary of movements that includes measurement, making shapes, exploring speed, resistance and responding to gravity. Students are introduced to these elements through guided exercises that involve learning concepts, problem-solving and flexible thinking. A dance sequence is built which may involve working in smaller groups before assembling into a final dance piece. The physical activity develops motor skills, strength and flexibility. This residency can work toward a culminating event.