

SEQUENCING: A Methodology for Movement Lessons

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Procedure:

1. Decide on a subject or concept (curricular, social, or interpretive) that can be reinforced through movement concepts –shape, time, energy, space, etc., example: open vs. closed.
2. Discuss the properties or qualities of the subject (adjectives, not nouns) with the participants, making a list of these properties.
3. Select three tasks to sequence from the list (shapes or designs, long movements, short movements, axial or locomotor).
4. Develop each task separately, instructing the participants to recall their inventions. Encourage a new spatial level or direction on each task.
5. Put the tasks in an order, if not already in a sequence.
6. Develop smooth transitions from one task to another.
7. Rehearse 1-2-3 smoothly.
- *8. Add accompaniment: vocals, instruments, or recorded music.
9. Watch each other's compositions in smaller groups.
10. Evaluate, appreciate, i.e. design, balance, expression, interpretation of assignment, achievement.

To build the session progressively, participants can work in two's or three's, the movement experience can be lengthened to include more tasks, or use a movement chart to add contrast and interest in variation to the creative experiences. Please refer to

Figure 1: Basic Movement Analysis Chart and Figure 2: Laban's Sixteen Movement Themes on pages 19 and 20 of the Winter 2015 issue of the *Orff Echo*.

The world of literature is enormous and we are only beginning to learn how to express it with the body and music. This offers a challenge to innovator, the Orff teacher, and students.

Example using a lesson based on poetry:

This sequence is a guideline for designing a music and movement lesson, using the poem "From the Sea." The focus is on physically expressing the words of the poem; classroom instruments may also accompany the text, and a group or an individual may perform the sequence. Students design one movement action for each word of the poem. Examples for a few of the words from the poem:

From the Sea *--Author Unknown*

Ocean ~ arms broadly expanding to out stretched arms {ocean drum}
Timeless, tireless ~ arms push forward until fingertips extend reaching to the future {flexatone}

Frolocking, Rollicking, rolling
Waves

Sand ~ hand rub together making a shushing sound {sand blocks}
Tiny grains,
Clinging, crunching, bunching
Specks

Pebble ~ fingertips extend and rotate around each other {play circles on a hand drum using fingertips}
Worn, smooth,
Crashing, tumbling, churning,
Endurance

Island ~ arms and body lean forward drifting to the floor {glockenspiel}
Quiet, secluded
Isolating, renewing, rejuvenating
Retreat

Pearl ~ cupped hands together open to reveal the pearl, like an oyster {triangle}
Iridescent gem,
Smoothing, polishing, refining,
Cache