

## Learning Objective Two: Understanding the Self as Shaped by Other Beings in This World

### **D. Class 4:**

\*I hour class

\*Class will be outside if weather permits

**Exercise: *Find Your Groove*...exercise adapted from Erinn Lieghbard**  
***Finding the Beat Together*...exercise adapted from Erinn Lieghbard**

*\*In this exercise, students will learn how their bodily movements are formed through interacting with other earthly beings: human and non-humans.*

-Students are asked as they walk into the room to take off their shoes and socks and sit in the middle of the classroom in a circle

-”check-in” exercise

-I will introduce learning objective two: In this learning objective I want you guys to become aware of other movers around you and how your movements and others are constantly changing and shaping each other. Quote: “We forget that the body is a great unifier --- a thread that weaves all humanity together” (McBride, 22).

-I will then introduce the class plan.

-We will then repeat the *Find Your Groove* Exercise from last week but I will ask students to up their perception not only to themselves but to the movers around them. This being people as well as non-human beings.

-Now, when doing this exercise, lift your eyes up from the ground and notice others movements. Notice your movements. Then notice both of these.

-*Find Your Groove Exercise*

-Now come back into the circle and talk with your neighbor about what you noticed about your movements as you looked at the movements of those around you.

## BREAK

- We will then move into the main exercise for the class
- I will introduce the exercise: in this exercise we will be moving our bodies with others, dancing...both to the same rhythm that I will provide and in an improvisation way.

### **Finding the Beat together.**

1. Students come back into a circle standing up.
2. While we do this exercise I want you guys to be looking at others, interacting with others. See if you can respond to their movements with your body.
3. I play some new music...groove playlist from Erinn Lieghbard
4. Now I am going to direct you guys on how to move to the music
5. Note for Sophia: alternate between improvising for two minutes and then every minute for three minutes ask students to switch between keeping the beat of an 1/8th, 1/2 and 1 beat note.

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### Homework:

Journal for a bit about how it felt moving intentionally with others.

- "checkout" exercise

## **E. Class 5:**

### **\*I hour class**

#### **Exercise: *Sharing the Same Beat...adapted from Dr. Emmanuel Cudjoe***

*\*In this exercise, students will build on the knowledge and intimacy they have learned by moving intentionally with others by learning how moving with others intentionally to the same rhythm creates a shared worldview...like speaking the same language.*

-Students are asked as they walk into the room to take off their shoes and socks and sit in the middle of the classroom in a circle

-”check-in” exercise

-I will in remind students of learning objective two

-I will then introduce the class plan.

#### **Sharing the Same Beat Together:**

1. I will share my experience in a West African Dance class with Cudjoe. I will share that we will not be doing this type of dancing today because I don't know enough to teach but I will share with them a move of my own.
2. I will now ask students to experience moving to the same rhythm together. I will ask students to find their two partners from previous class periods and line up with them on the floor in a group.
3. I will then play a Latin Jazz song that we have not listened to.
4. I will come to the middle of the circle we have created and demonstrate a typical 'Sophia' move. I will show them how I often move my torso and arms like a wave back and forth when I feel anxious. I will have them practice this Latin Jazz song and then go into dancing with their partners.
5. Students will then move across the floor in groups.
  - a. Students will move diagonally, with each step performing the arm movements until they get to the other side of the room

6. While one group goes across the floor, the other students will be standing on the other side of the room cheering them on.
7. Groups will then repeat this going back the other way.

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Homework:

I will say: "I want you guys to become aware in your life how moving with others in the same form builds connection. Look for this when you're in class sitting with others. Look for this when you're walking amongst others. Look for this when you're folding clothes with others. Look for this when you're running with others. Too, notice how you feel when you are moving in each of these spaces. Be ready to share what you experience in the next class."

- "checkout exercise"