Movement Poetry
Written by Janet Shumway

Fine Arts-Dance: Standard 4, Objective 3b; Language Arts Standard 5
Objective:
The students will participate in movement that will be inspired by poetry. The poems have been written by Joyce Boorman. The students will dance to Boorman’s poems, then write and dance their own movement poems.

Moving:
The students will participate safely in warm up activities, including strengthening, endurance, and flexibility exercises. They will also demonstrate axial movement and the basic locomotor steps.

Investigating:
Tell the children that you will be reading several poems. The first time you read a poem, they need to sit quietly and hear it. After they dance a poem, have them sit down right where they are in the room to hear the next poem. Read and dance several of the poems. After they do several of the individual poems, they can get into partners to dance the partner poems.

Creating:
Together as a class, write a couple of movement poems. Then dance them. Two examples are:

- Stumble and bumble,
- Rumble and tumble,
- Whirl and twirl,
- Swirl like a squirrel.

- Stand up real tall,
- and bounce like a ball.
- Run to the wall,
- Then bump and fall.

Pass out paper and pencils and have the students write their own movement poems. Dance as many as you have time for. Allow the authors of these poems to take a bow after the class dances their poem.

Equipment and Materials needed:
Drum and drum beater
Joyce Boorman’s movement poems
Paper and pencils
Joyce Boorman’s Movement Poems:

For Individuals:

Wheel, wheel,
Go way up high,
Twirl around then try to fly.

Spin, turn, whizz,
Whizz round and round.
Run, leap, roll
Then gently touch the ground.

Skip, skip
Curl up small,
Spread way out
And roll like a ball!

Slashing, slashing, through the air
Darting, fleeing, everywhere.
Floating, drifting, there’s no sound
Twisting, weaving to the ground!

Watch me skip,
Watch me hide.
Now I pop,
And start to slide.

I can go shooting all over the place
Then just as quickly curl up in my place.
From there I reach out as far as can be,
Then off I go shooting- I’m me! I’m me!

Feet are stamping
Stamping everywhere.
Knees are poking
Stabbing in the air.
Hands are threading
Gently through the space.
Now every part’s exploding
Goodness, what a face!

Twist and spin,
Fold close in.
Burst far away
Then freeze and stay

For Partners:

Over, under
Around and through,
Backward and forward
Where I meet you.

Squeeze, explode
We meet and part.
Whirling around
We return to start.
Squeeze, explode,
Squeeze, explode,
Squeeze, explode,
We meet and part.
Whirling around,
Whirling around,
Whirling around,
We return to start.