Thermometer measures the temperature

Heating Up

Cooling Down

Static / Still

Expanding

Condensing

Warm Air Rises

Cool Air Collapses

Warm Up

Cool Down

Diagram 1
Diagram 2

North Pole

Solar Energy

Atmosphere

Solar Energy

Equator

Distance through Atmosphere at Poles

Distance through Atmosphere at Equator

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Diagram 3

Cold Air **FALLS** at the Poles

Warm Air **RISES** at the Equator

Atmosphere
Diagram 4

Low Pressure
Counter Clockwise
Contracting - Descending

High Pressure
Clockwise
Expanding - Rising

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<table>
<thead>
<tr>
<th>Task</th>
<th>Advanced</th>
<th>Proficient</th>
<th>Novice</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Leads and follows in mirroring exercise</strong></td>
<td>Clearly shows attention to small details, accurately follows a partner, makes appropriate changes and choices for the skill level of the other partner.</td>
<td>Leads and follows a partner, accurately follows a partner with attention to small details.</td>
<td>Attempts to follow and lead with a partner.</td>
</tr>
<tr>
<td><strong>Demonstrates locomotor and axial movement that uses shaking and sustained energy</strong></td>
<td>Clearly shows the difference between shaking and sustained movement including body part isolations and use of locomotor skills.</td>
<td>Makes choices with body movement, shapes and body relationships that demonstrate an understanding of the subject and awareness that communication is occurring.</td>
<td>Attempts to make choices with body movement, shapes and body relationships that demonstrate an understanding of the subject and an awareness that communication is occurring.</td>
</tr>
<tr>
<td><strong>Relates shaking energy to rising expanding air and sustained energy to falling and condensing air</strong></td>
<td>Equates shaking energy to the heating energy that causes air masses to rise and expand. Equates sustained energy to the cooling energy that causes air masses to fall and condense.</td>
<td>Equates shaking energy to the heating energy that causes air masses to rise and expand.</td>
<td>Attempts to equate shaking energy to the heating energy that causes air masses to rise and expand. Attempts to equate sustained energy to the cooling energy that causes air masses to fall and condense.</td>
</tr>
<tr>
<td><strong>Creates a movement motif</strong></td>
<td>Creates a movement motif that accurately and with some details has the attributes of air masses and the results of interactions between them.</td>
<td>Creates a movement motif that has attributes of air masses and the results of interactions between them.</td>
<td>Attempts to show a weather concept with movement.</td>
</tr>
<tr>
<td><strong>Creates variations on a movement motif</strong></td>
<td>Creates and combines variations on a motif that cross over using more than one element or sub-element of dance.</td>
<td>Creates a variation on a motif using only one of the basic elements of dance.</td>
<td>Attempts to create a variation on a movement motif.</td>
</tr>
<tr>
<td><strong>Creates sequence of movement that transitions between motif and variation in the ABA choreographic form</strong></td>
<td>Creates sequence of movement that has multiple smooth and organic transitions between motif and variation in the ABA choreographic form.</td>
<td>Creates sequence of movement that has multiple smooth and organic transitions between motif and variation in the ABA choreographic form.</td>
<td>Attempts to create a sequence of movement that uses both a motif and a variation.</td>
</tr>
</tbody>
</table>

Table 1 Dancing Winds Rubric / Checklist
The Elements of Dance and Movement

Body
Body Parts
head, trunk, arms, hands, etc.
Body Action
flexion, extension, rotation, adduction, abduction
Shift of Weight
locomotor skills

Time
Tempo (speed)
slow, medium, fast, accelerate, decelerate
Rhythm
pulse, accent, meter, syncopation

Space
Level
high, medium, low, ground, air
Direction
forward, backward, sideways
Pathway
curved, zigzag, straight, indirect, combination
Focus
inward, outward, broad, specific
Spatial Planes
vertical, horizontal, lateral
Range of Action
small, medium, large

Energy (qualities of movement)
Basic
Sustained, Shaking, Percussive, Swinging
Advanced
Force
strong, medium, light
Flow of energy
free, bound
Direction of energy
expansive, contraction