

## Ideas or Concepts

---

### Chart 1: *Legend of the Bluebonnet* by Tomie DePaola

The rain  
The jay bird  
Scattering of ashes  
Fire  
Deer spirit

*Legend of the Indian Paintbrush*  
Flower growing  
Sunset  
Running and shooting  
Sky growing dark

### Chart 2: Levels of the Body

Low- lying down or close to the floor

Medium- sitting, kneeling, squatting or bending down

High- standing, reaching up on toes

### Chart 3: Locomotor Movements

There are eight basic locomotor movements. This lesson uses five of them. (Specific directions are found in a variety of dance resource books. These are taken from Kulbitsky and Kaltman.

1. walk—"A basic locomotor movement, in any direction with EVEN rhythmic transfer of weight from one foot to another, always maintaining one foot on the ground." p.24
2. run—" A basic locomotor movement, in any direction, with an EVEN rhythmic transfer of weight from one foot to the other, with both feet off the ground at the instant of change." p. 29
3. hop- "A spring off the ground on one foot with no transfer of weight, leaving the ground and landing on the same foot." p. 30
4. jump—"A spring off the ground, landing on both feet, performed in an even rhythm...The toes should be the last to leave the ground. In landing, the toes should reach the ground first, then the soles, followed by the heels, ending with a slight knee bend." p.29
5. leap—"A spring off the ground with an EVEN rhythmic transfer of weight from one foot to the other with both feet off the floor at the height of the action. There is a slight knee bend at the beginning and end of the spring. In landing, the toe reaches the ground first, then the ball of the foot, followed by the heels with a slight, smooth knee bend." p. 31

---

Reference: Kulbitsky, O.and F. Kaltman. *Teachers' Dance Handbook*. Newark, New Jersey: Bluebird Publishing Co., 1959.