
Advanced Skill Certificate in Creative Movement for Children

Introduction to Creative Movement

Advanced Skill Certificate in Creative Movement for Children: A certificate program that focuses on the development and implementation of creative movement activities for children. This program is designed to provide students with a comprehensive understanding of the principles and practices of creative movement and how to apply them in a variety of settings.

Alignment: The positioning of the body in relation to gravity and the proper placement of body parts in relation to each other. Proper alignment is important for maintaining balance, preventing injury, and promoting efficient movement.

Anatomical terms: Terms used to describe the structures and functions of the human body. Examples include:

- * **Bones:** The 206 structures that make up the human skeleton.
- * **Joints:** The points where two or more bones come together and allow for movement.
- * **Muscles:** The contractile tissues that produce movement by pulling on bones.

Choreography: The process of creating and organizing movement sequences into a cohesive and expressive dance.

Creative movement: A form of dance that emphasizes self-expression, exploration, and imagination. Creative movement activities often involve improvisation, storytelling, and the use of props.

Developmental milestones: The sequence of skills and abilities that children typically acquire as they grow and develop. In creative movement, developmental milestones may include:

- * **Gross motor skills:** The ability to control and coordinate large muscle movements.
- * **Fine motor skills:** The ability to control and coordinate small muscle movements.
- * **Locomotor skills:** The ability to move the body through space, such as walking, running, jumping, and skipping.
- * **Non-locomotor skills:** The ability to move body parts without traveling through space, such as bending, stretching, and twisting.

Dynamics: The quality of movement that relates to force, energy, and time. Examples include:

- * **Acceleration:** An increase in speed or force.
- * **Deceleration:** A decrease in speed or force.
- * **Impact:** A sudden, forceful collision.

* Suspension: A state of weightlessness or floating.

Improvisation: The act of creating movement spontaneously, without pre-planning or rehearsal. Improvisation can be used to explore movement ideas, generate choreography, or simply for self-expression and enjoyment.

Locomotor movements: Movements that involve traveling through space, such as walking, running, jumping, and skipping.

Motif: A short, recurring movement pattern or phrase.

Musicality: The ability to move in response to music, taking into account the rhythm, melody, and phrasing.

Non-locomotor movements: Movements that involve moving body parts without traveling through space, such as bending, stretching, and twisting.

Performance: The presentation of a dance or other movement-based work to an audience.

Props: Objects used to enhance creative movement activities, such as scarves, hoops, and ribbons.

Rhythm: The pattern of sound or movement in time.

Space: The area in which movement occurs. Space can be organized in various ways, such as by level, direction, and pathway.

Storytelling: The use of movement to convey a narrative or message.

Style: The specific genre or type of dance, such as ballet, modern, or hip-hop.

Tempo: The speed of music or movement.

Time: The duration of music or movement.

Variation: A change or modification in a movement or movement phrase. Variation can be used to add interest, challenge, or creativity to a dance or creative movement activity.