



DANCING THE BODY SYSTEMS

IDEAL FOR MIDDLE SCHOOL

Enter the STEAM FUSION Virtual Library Guide for Educators!

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Join OZ Arts Teaching Artists in series of short, hands-on activities accessible online. Dive into poetry, visual art, music, and dance through a unique STEAM lens designed for 21st century exploration of creativity and expression.

Joi Ware

DESCRIPTION

True dance is an artform, but biology is essential for a body to exist in space and time. While leading you through a series of movements, Joi explores the respiratory, muscular, nervous, and circulatory systems as they relate to the body and skills of a dancer. Carve out a small space of your own, wear comfortable clothes, and see if you can find the many connections between choreography, movement, and all the internal activities coursing through our bodies that keep us going.

DISCUSSION

- How might these systems function differently for a different kind of physical activity? Imagine the respiratory system for a swimmer. What about the muscular system for a drummer? How would these systems function when activated by different tasks and skillsets?
- Imagine each system were a character in a play. What would be the personality traits of each character? How would the character of the circulatory system move around the stage? What happens when she gets upset? What does she say?

SAMPLE TN STANDARDS

Science

7.LS1: From Molecules to Organisms: Structures and Processes

BIO2.LS4: Biological Change: Unity and Diversity

23-Design and carry out an investigation examining how major body systems interact to maintain homeostasis of nutrient, energy, water, waste, and/or temperature balance.

HAP.LS1: From Molecules to Organisms: Structures and Processes

Core Idea: The Nervous system, in response to stimuli, coordinates functions of other body systems to support life processes.

Fine Arts (Dance)

7.D.P1.C Identify and demonstrate energy/effort and dynamics in technique exercises and dance performances. Use energy and dynamics to enhance and project movements. Identify uses of energy/effort and dynamics in a variety of dance genres.

MATERIALS

- Comfortable clothes
- An open space for movement
- A pencil/pen
- Notebook/paper

