

# LABAN MOVEMENT ANALYSIS (LMA)

## PRE - K

BODY WHAT	DYNAMICS HOW	SPACE WHERE	RELATIONSHIP WITH WHOM
<u>Actions</u>			
Walk	Strong	Personal Space	Unison
Run	Weight	General Space	Solo
Gallop			Partner
Skip	Light		Group
Jump	Time	<u>Levels</u>	
Spin	Fast	High	
Shake	Slow	Middle	Lead
Freeze		Low	Follow
Roll			Mirror
Stretch	<u>Descriptive Words</u>	<u>Directions</u>	
Hide	Big	Up/Down	
Balance	Small	Forward/Backward	Meet
March	Bubbling	Side/Side	Part
Crawl	Droopy		Connect
<u>Parts</u>	Afraid		
Head	Gentle	<u>Pathway</u>	
Arms	Excited	Line	Line
Hands	Angry	Zig Zag	Circle
Elbows	Heavy	Circle	Scattered
Shoulders	Light	Curve	
Hips	Sharp		
Legs	Soft	<u>Space Words</u>	Music
Knees	Spikey	Over	Props
Feet	Tired	Under	Costumes
Ankles	Springy	Around	Curriculum
Toes	Strong	Through	Stories
<u>Shapes</u>	Tiny	Near	Poems
Round (ball)		Far	Environment
Wide (wall)			
Narrow (arrow)		Behind	Call and Response
Twisted (pretzel)		Beside	Theme and Variation
		In Front	Sandwich - ABA
		Toward	
		Away	