

LABAN MOVEMENT ANALYSIS (LMA)

PRE - K

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