

FAQs:

1. How many types of dance movement forms are there in physical Education?

Answer: 1). Rhythmic movement 2) Creative educational dance (CED) 3) Structure dance

2. What is difference between dance therapy and educational dance?

Answer: Dance therapy is the psychotherapeutic use of movement focused on the emotional as well as physical integration of individual where as educational dance is designed to meet the educational and aesthetic needs of students with and without disabilities.

3. What is Rhythmic movement?

Answer: The balance of contracting and expanding movements that are connected and repeated, such as inhaling and exhaling.

4. What are the essential elements of Rhythmic movements program?

Answer: Beat, Pulse, Accent and Patterns etc.

5. What is Rhythmic Patterns?

Answer: Recurring groups of beats or movements in which each group includes different tempos.

6. Write the example of Rhythmic Patterns?

Answer: The rhythmic pattern is composed of a group of four steady beats, a combination of two or more different tempos would be included within the four beats.

7. What is Creative educational dance?

Answer: The Creative educational dance is a movement form that focuses on refining natural movements as students explore the elements of movement (i.e., space, time, force, body).

8. What is Exploration?

Answer: The systematic investigation, examination, search for making specific discoveries and learning about something.

9. What is Improvisation?

Answer: Improvisation may be define as spontaneously responding to a stimulus, or “invention without preparation”

10. What is Space?

Answer: Space can be defined as the medium in which our bodies move and create designs.

11. What are the locomotors skills of elements?

Answer: Walking, running, skipping, jumping, leaping, sliding, galloping etc.