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Creative Dance For All Ages

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**Synopsis**

This classic "must have" is NDA's most popular publication. Includes locomotor/nonlocomotor movement, assessment, and interdisciplinary topics.

**Book Information**

Paperback: 386 pages  
Publisher: Human Kinetics (January 1, 1992)  
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Best Sellers Rank: #128,209 in Books (See Top 100 in Books)  
#76 in Books > Arts & Photography > Performing Arts > Dance  
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**Customer Reviews**

This is an excellent book for anyone interested in teaching creative dance, whether you have dance experience yourself or not. The book provides a thorough overview of what creative dance is and how to teach it. There are hundreds of dance exercises included, as well as sample lesson plans and useful suggestions for how to structure your classes. As a dance teacher, I have found this book to be the most helpful I’ve encountered -- I use it constantly!

This book is the most practical one for teachers of creative dance in the classroom, although it is much more than a classroom tool. "Creative Dance for All Ages" is easy to read, simple to grasp and the lessons almost teach themselves. Gilbert starts you from the basics of movement using vocabulary and concepts simplified from Rudolph von Laban’s work in movement analysis. Her methods are generous and joyful, reflecting her passion for giving children (and adults) the experience of dance without fear or feeling threatened. Each chapter focuses on one of the elements of dance (and movement) providing multiple choices for activities in each of her lesson plan components. Her basic lesson plan is sound and safe, divided into 5 main components and progressing from (1) Introduction and warm-up using the dance element, (2) exploring the element, (3) developing dance skills, (4) creating with the element explored and (5) cooling down. If you are a teacher of dance or a teacher in the school system, you will find this book invaluable! Many lesson
plans are already laid out for you. Most may be adapted to expand student learning in the academic curriculum. This book is also great for dancers looking to expand their compositional approach. Every teacher will want a copy ready at their teaching fingertips.

UPDATE - September 29, 2011: My first copy of this book was purchased around 1997. I used it in the University courses I teach at the University of Alberta and for creative inspiration for choreography. The pages started falling out so I bought a 2nd copy in 2003 and had the 1st copy taped together for home reference. Now my 2nd copy is worn out! I continue to use it in various University courses and as reference material whenever and wherever I teach. Great resource for dancers and dance teachers of every kind.

I have been teaching ballet for many years and have never come across a curriculum like this for an introduction to dance. The book is well written providing you with a clear outline of concepts that are introduced and layered upon through out the year according to what age group you are teaching. It provides examples of class planning, music and props. It is very clear on body alignment, strength and capabilities of the developing child as to not cause harm to their young bodies. [[ASIN:0883145324 Creative Dance for All Ages: A Conceptual Approach] is a must for any school of dance and anyone who teaches young children. The children love the class and the time flies leaving them with wanting more!

I had to buy this book for a class, but I was glad I did, and it is one of the few college books that I will be keeping. I am going to be an elementary school teacher and see the importance of integrating arts, such as dance, into the curriculum. This book provides basic knowledge of the elements of dance, so that you do not have to be a dance expert to teach them. In addition it provides lesson ideas for different age ranges, and has easy to use and adapt resources for lesson plans. We had to use the book to create a lesson plan for this class, and with the use of this book, it was one of the easiest lesson plans I've had to write. The lessons are also easy to teach and engaging to students.

I think this book is priceless. I've been teaching theatre for over 10 years, but the majority of my students have always been adults. This summer I was hired to teach a creative movement class for a children’s theatre camp for grades K through 5. I started to feel at a loss on how to structure my class and revamp my material for younger minds and bodies until I came across this book. It opened up a whole new method of teaching for me. It breaks down all of the elements of movement and creative dance in detailed sections with countless class activities students can explore and
create with. There are even sample lesson plans for each element as well as sections how how to approach teaching different ages. It's been very easy to adapt the lessons in this book to meet the needs of my classes.

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