



Peppy Hills
Creative Practitioner

Movement Observation

ACTION – What can you see happening?

JUMP

TURN

TRAVEL

PAUSE

BALANCE

GESTURE

WHERE is it happening in the space?

High level

Medium level

Low level

Edges of space

Middle of space

All around space

IS there any **relationship** to:

another dancer

prop

music

Is there any **physical contact** with: environment (floor/steps..) person...prop ?

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Movement Observation Sheet – suggested elements to consider.

HOW is the movement performed?

PACE/SPEED Fast Slow Rhythmic Arrhythmic

DYNAMIC of movement

Spikey jagged percussive sharp powerful tight

Fluid soft sustained flowing gentle expansive

If **travelling** – are **pathways** - Indirect - direct

What **direction** are movements - up /down/ sideways/ in front/behind / R or L

Overall - What **CORE FEELING** are you left with ?

Reflections – to stimulate verbal language and communication

- What did you see? - factual
- What/How did you feel? - emotional
- Did it remind you of anything ? - connect memories
- Could you give that movement / dance a title or name?

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