

BeneshMoves



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Analysing Movement

Prior Knowledge	Learning Objectives	Activity	Materials
<ol style="list-style-type: none">1. Three basic signs.2. Bent limbs signs.3. Reading basic ballet positions.	<ol style="list-style-type: none">1. Naming the five lines of the stave.2. Positioning signs correctly.3. Learning with all the senses.	<ol style="list-style-type: none">1. Draw five-line stave and top ledger line.2. Demonstrate positions and ask other students to notate the positions they see.	<ol style="list-style-type: none">1. Blank Paper2. Wax crayons

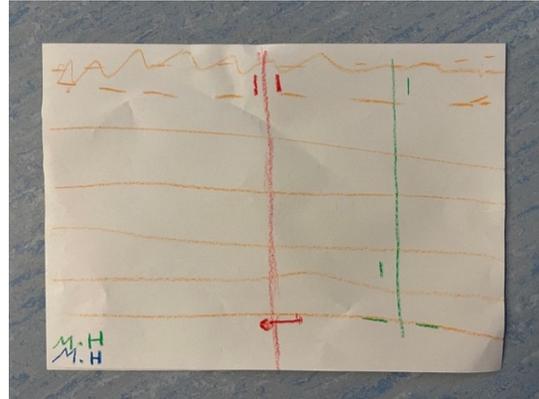
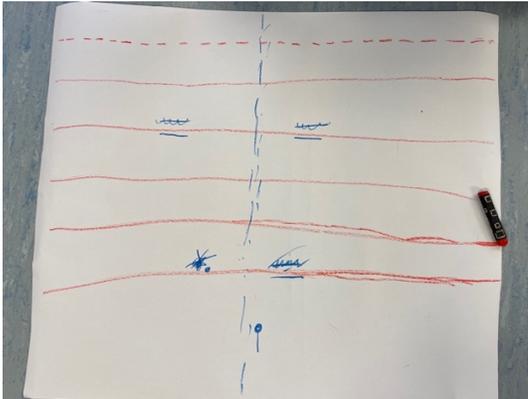
Young students seem to read basic Benesh Movement Notation (BMN) signs easily and can identify the names of the five lines of the stave. However, when students demonstrate positions and other students are asked to notate the positions they see, they have difficulty drawing BMN signs at the correct position on the stave lines.

Holistic learning, that is, learning with all the senses, increases learning ability. It is important to stimulate as many senses as possible in class and to combine this with movement and crossover exercises, since this enhances memorization.



Suggested Activity

- Ask the students to sit on the floor in the ballet studio and give them a sheet of blank paper and wax crayons.
- Then ask them to draw the five BMN stave lines and the dotted ledger line (or “magic” line that is not part of the actual notation) above the top line.
- When the students have drawn the lines, ask them to stand up and name the five solid lines while touching the corresponding places on their own bodies.
- Use the song "Head, Shoulders, Knees and Toes" to make this activity fun for the students.
- Ask them which stave line is not mentioned in the song.
- Then ask one student to demonstrate a position and ask the other students to imitate it.
- While one student holds the position, ask the other students to notate the position on the five-lined stave paper they created.



- Afterwards, discuss as a group what each student has notated.
- The accurate way to notate the position will emerge from this discussion.