

Eurhythmics Competencies

- I. Basic Movement
 - a. Standard: Demonstrate a variety of qualities through walking, i.e. naturally, lightly, forcefully, heavily, etc.
 - i. Movement reflects the quality requested.
 - ii. The change from one quality to the next is apparent.
 - iii. Mover travels comfortably through space.
- II. Rhythmic Movement
 - a. Standard: Walk and clap in 3/4, 4/4, 6/8, executing beats, subdivisions, and/or patterns as requested verbally or accompanied by piano. i.e. In 4/4 step the beat and clap half notes; on a signal, reverse – put the half notes in your feet and clap beats.
 - i. Mover is able to perform as requested.
 - ii. Movement is continuous.
 - iii. Mover travels comfortably through space.
 - b. Standard: Walk and clap polyrhythms, 2 vs. 3 and 2 vs. 5, accompanied by piano and solo.
 - i. Mover is able to perform as requested.
 - ii. Movement is continuous.
 - iii. Mover travels comfortably through space.
- III. Identifying Meter
 - a. Standard: Move to a 9-measure, mixed meter sequence, then notate the meters.
 - i. Movement accurately reflects the sequence.
 - ii. Downbeats are clear.
 - iii. Notation is accurate.
- IV. Arhythmic Movement
 - a. Standard: Use a tambour to accompany someone else moving, and to accompanying your own movement.
 - i. Tambour music reflects the movement accurately.
 - ii. Mover is able to simultaneously move and play tambourine.
- V. Augmentation/Diminution
 - a. Standard: Conduct while stepping a given pattern, then step it twice as fast/slow.
 - i. Mover is able to perform augmentation and diminution accurately.
 - ii. Movement is continuous.
 - iii. Mover travels comfortably through space.
- VI. Canon
 - a. Standard: Conduct while stepping interrupted, overlapping, and continuous canons.
 - i. Mover is able to perform canons accurately.
 - ii. Movement is continuous.
 - iii. Mover travels comfortably through space.