



Grade Level: **Grade 4**

Title:

Dance with Your Heart & Be Joyful in Your Religious Life

Denomination: **Catholic**

Lesson ID: **OS-G4-01-CA**

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Note: Web sites referenced in this lesson were valid at time of publication.

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OTHER SUBJECTS – GRADE 4 – CATHOLIC
LESSON TITLE: Dance with Your Heart & Be Joyful in Your Religious Life

DANCE LESSON CONCEPT

- Experiencing the joy of deep-felt dance movements

GOAL OF DANCE LESSON

- Students will be able to reach deep within them to find the spirit to move with emotion and joy.

OUTCOME EXPECTED

- Students will enjoy freedom of movement as a child of God.

RELIGION LESSON CONCEPT

- Jesus came that we might have life and have it more abundantly

GOAL OF RELIGION LESSON

- Students will learn to love God with joy and in everything they do.

OUTCOME EXPECTED

- Students will find the joy of love, through the gift of dance.

MATERIALS NEEDED

- Science Journal Page
- Pen or pencil
- DVD or video of various types of dance movements
- CD player
- CD of joyful music
- Ribbons, masks, and other materials to create a joyful costume

SCIENCE METHODOLOGY

- **EXPLAIN** how dance and exercise are built on the science concepts of anatomy and motion.
- **GIVE** several examples of muscles, organs, and bones which will illustrate how dance uses those concepts and truths.
- **SAY:** Consistent practice will build strength, increase your balance, and improve your flexibility. But the joy deep in your heart will make your dance movements really great! When you feel deeply and let your body express those feelings, your dance will be enhanced. Our emotions are real even though we can't see them. Joy is one of those emotions.
- **ASK:** How can you tell if someone is really joyful?

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MATERIALS NEEDED

- Religion Notebook or Journal
- Pen or pencil
- Bible: John 10:10
- Bible: 2 Samuel 6:1-5
- Bells, tambourines, ribbons, palms, etc., for a joyous procession

RELIGION METHODOLOGY

- **SAY:** Just as our bodies require exercise and use to stay healthy, our souls require exercise and use to stay healthy. We call many religious practices by the term "spiritual exercises". This means that when we pray or do some good works, it is just like doing exercises or dance. It builds our spiritual strength, gives us a better balance in our lives, and makes us more flexible in obeying God's wishes for us.
- **GIVE** the students a copy of the Bible passage: John 10:10.
- **HAVE** them read it silently.
- **ASK:** What did Jesus mean when He said that? Record the students' answers on the chalkboard or chart paper.

(smiling, at peace, gentle ways, etc.)

- **SAY:** I want you to imagine an audience seated right here. (Motion to the area. If possible, have some chairs set up in that area.) I want you to see their faces smiling at you. I want you to hear their applause. I want you to feel really happy that you can dance.
- **HAVE** students practice a routine again that they have created.
- **SAY:** Dance is one activity you can enjoy all throughout your life. When you are young you can dance vigorously and as you grow older, you can still dance but the types and styles of dance that you can do change.
- **HAVE** one half of the students perform their dance before an audience of the other half of the class. Then switch places.
- **AFTER** the performance, ask the audience to make positive comments about the students' performance.
- **ASK:** How could you tell they were really feeling what they were dancing?
- **POSIT:** Dance is built on the sciences of anatomy and motion. One component of dance is performance. Our emotions help us to perform better.

- **ASK:** What is a fuller life? (loving every moment of being alive, being at peace, being joyful or happy)
- **GIVE** the students the copy of the 2 Samuel 6:1-5 passage.
- **HAVE** one student read it aloud.
- **ASK:** Can you picture this in your mind? Can you describe it to me?
- **AS** the students describe the scene, make a drawing on the chalkboard or chart paper. It doesn't have to be great art, just passable.
- **ASK:** How do you think David felt while he and the Israelites were dancing before the Ark of the Covenant?
- **ASK:** What was the Ark of the Covenant? What was in it? Why did the Israelites consider it sacred? (Ten Commandment tablets, manna from the desert, Aaron's rod)
- **SAY:** If we had a procession to praise God, how might we do it? Accept and record the students' replies.
- **ASK:** What motions do we make with our bodies that show we praise and love God? (arms lifted, smiles, heads up, body bowed down, etc.)
- **PUT TOGETHER** a procession of joyful praise to God.
- **HAVE** the procession.

- **AFTERWARDS, ASK:** How did you feel during our praise procession?
- **SAY:** We can't always dance before God. At times, we need to be standing, sitting or in other postures of work and study.
- **ASK:** How can we dance before God even when we are doing other things? (intend all work and study to be praise to God, serving others, etc.)
- **POSIT:** Joyful praise of God is a good thing. Letting our emotions help us praise God is good.

SCIENCE LINKS

www.ade.az.gov/standards/GradeLevelsAll/Grade4All.pdf
ARIZONA ACADEMIC STANDARDS GRADE 4 ARIZONA ACADEMIC STANDARDS IN THE ARTS ARTICULATED FOR FOURTH GRADE INTERMEDIATE DANCE ... g. problem solving, discipline, collaboration, **anatomy**). Concept 5: **Dance and Music** ... Gives good listing of skills and knowledge for this lesson.

www.squidoo.com/doing-the-bone-dance
Doin' the Bone Dance and Other Creative Ways to Learn Bone ... So, just how well can Miley Cyrus a.k.a Hannah Montana teach **Anatomy**? The Bone **Dance** ... I will be developing teaching modules to teach **4th** and **2nd graders** this year using ...

RELIGIOUS LINKS

www.gracedpaintings.com/david-dancing-before-the-ark

David Dancing Before The Ark Christian Art Paintings **David Dancing Before the Ark**: 2 Samuel 6 Again, **David** gathered together all the chosen men of Israel ... Nice painting of scene

2 Samuel 6: 1-5

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Balejudah to bring up fro there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of god on a new cart, and brought it out on the hill. Uzzah and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their harps and tambourines and castanets and cymbals.

Search: [Liturgical Dance - Video Results](#) – A good selection of good liturgical dance videos from 4 to 10 minutes in length.



KEY WORDS

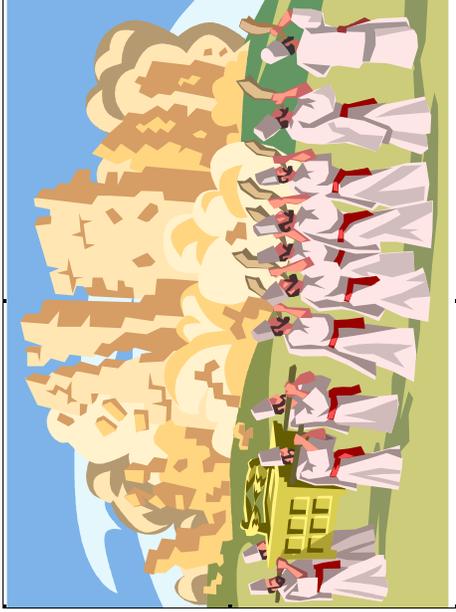
- DANCE
- EXERCISE
- MUSCLES
- ORGANS
- BONES
- STRENGTH
- BALANCE
- FLEXIBILITY
- FEEL
- EXPRESS
- JOY
- EMOTIONS



KEY WORDS

- PRAISE
- BODY MOTIONS
- EXERCISE
- SPIRITUAL EXERCISE
- KING DAVID
- ARK OF THE COVENANT (ARK OF GOD)
- DANCE
- PROCESSION

KEY WORDS



DANCE

PRAISE

EXERCISE

BODY MOTIONS

MUSCLES

EXERCISE

ORGANS

SPIRITUAL EXERCISE

BONES

KING DAVID

STRENGTH

ARK OF THE COVENANT

BALANCE

ARK OF GOD

FLEXIBILITY

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