

# Movement Pattern Chart

A								
B								
A								
B								
A								
B								
A								
B								

Rule A: Start at \_\_1\_\_ add \_\_\_\_

Rule B: Start at \_\_1\_\_ add \_\_\_\_

Rule A: Start at \_\_\_\_ add \_\_\_\_

Rule B: Start at \_\_\_\_ add \_\_\_\_

What symbols are you using for the Efforts?

- Slash

Flick

Wring

Float
- Punch

Dab

Press

Glide

Math Pattern Chart

A	B	A	B	A	B	A	B



# Math Pattern Chart

J	0											
E	0											

J	0	4	8	12	16	20	24	28	32	36	40	44
E	0	2	6	10	14	18	20	24	28	32	36	40

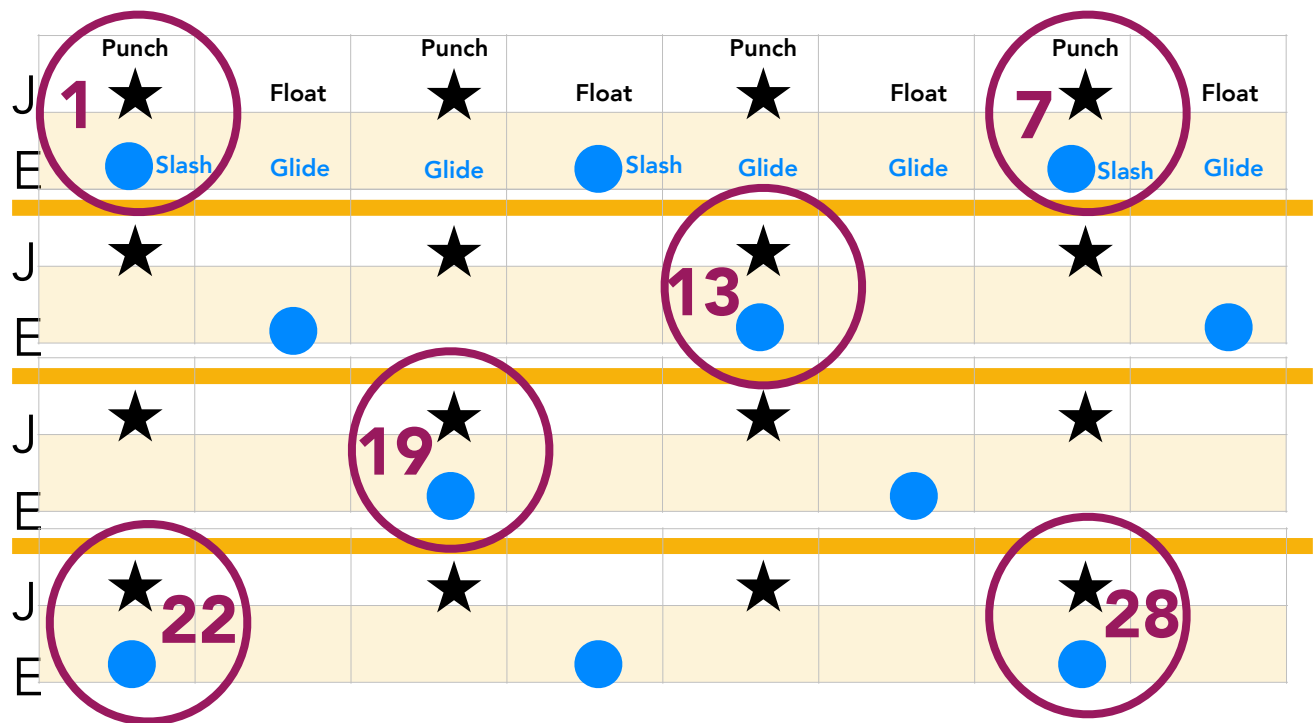
Jamilah and Essence both create a number pattern on the whiteboard. Each makes her patterns 12 boxes long and line their patterns up so they are one on top of the other.

Jamilah’s pattern starts at 0 and increases by 4 each time. Essence puts 0 in her first box and increases the number by 2 each time.

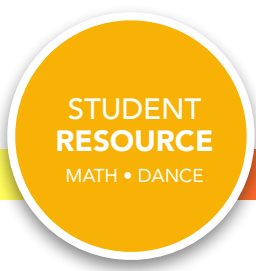
- A. Complete the chart to show the numbers in Jamilah’s and Essence’s charts.
- B. How much larger is Jamilah’s number in the 3rd box than Essence’s number in the 3rd box? 5th box? 12th box?
- C. What pattern do you see in your answers for B? **Jamilah’s number is 2 larger than Essence’s.**
- D. When Essence’s number is 144, what will Jamilah’s number be in the corresponding box? **146**

# Math Pattern Chart Example

Here is the Math Pattern Chart filled out for Jamilah and Essence.



Jamilah is moving in 2 while Essence is moving in 3. When will their first movements line up together?  
**Every 6.** (You should be able to **see** when being performed.)

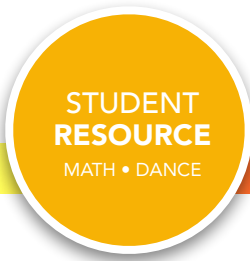


# Exit Ticket

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Choose two questions to answer. Use the back of the worksheet if you need more room.

1. What was your technique for creating your design? Why did you use this technique?
2. Find a peer and ask them the following: What do you wonder about my work?
3. What might you revise based on your peer's opinion of your work?
4. What would you add to or change about this project?



# Laban 8 Efforts

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Effort	Space (Direct/Indirect)	Weight (Heavy/Light)	Time (Quick/Sustained)
Punch	Direct	Heavy	Quick
Dab	Direct	Light	Quick
Press	Direct	Heavy	Sustained
Glide	Direct	Light	Sustained
Slash	Indirect	Heavy	Quick
Flick	Indirect	Light	Quick
Wring	Indirect	Heavy	Sustained
Float	Indirect	Light	Sustained

Some refer to **heavy** as **strong**, **quick** as **fast**, and **sustained** as **slow**.