

ESO 1 Movement Composition



Unit Question / Pregunta Central

What factors do you have to consider to create a movement composition? /

¿Qué factores debes tener en cuenta para crear una composición de movimientos?

Area Of Interaction / Area De Interaccion

Human Ingenuity / Ingenio Humano

Significant Concepts / Conceptos Importantes

C1: Creativity can help us achieve the final goal. /

La creatividad nos puede ayudar a conseguir el objetivo final.

Task / Tarea

Your task is to create a composition using a wide range of movements and other obligatory steps. With to music that your group has selected and present it on a video and to your classmates.

Tu tarea consiste en crear una composición con una amplia gama de movimientos y otros pasos obligatorios. Con la música que tu grupo ha seleccionado y presentarlo en un video a los compañeros de tu clase.

Assessment / Valoración

- You will be assessed upon Criterion B (Movement Composition), Criterion C (Performance) and Criterion D (Social Skills and Personal Engagement)
Se les evaluará en el criterio B (Composición de movimiento), el Criterio C (Ejecución) y el D (Habilidades sociales y compromiso personal)
- Your composition **must include** a specific movements with a minimum of 10 different movements/poses with appropriate movement transitions between each.
La composición deberá incluir los movimientos específicos un mínimo de 10 movimientos diferentes/ las transiciones entre cada movimiento deberán ser adecuadas.
- You are required to choose **appropriate music** that 'fits' your composition and the school environment.
Elegiréis la música apropiada a la composición y al centro escolar.
- The set time required for your composition is 1' minute. Your movements/poses should last for an **appropriate amount of time** and of course, you will need to have **good transitions** in between them.
El tiempo requerido para la composición es de 1'. Los movimientos "poses" durarán un tiempo determinado y la transición entre ellos debe ser adecuada.
- You must include movements/poses that involve a **minimum of 3 people**.
Los movimientos incluyen un mínimo de 3 personas.
- You may use movement and ideas that are aesthetically correct. You are free to create the transitions or links that will connect your movements/poses.
El movimiento y las ideas deben ser estéticamente correctas. Se tiene libertad para crear las transiciones o movimientos que conectan las figuras.
- Originality and creativity will be greatly rewarded.
La originalidad y la creatividad están muy bien valoradas.

Criterion B Assessment (Movement Composition)

You will have to write a 'daily' report which includes all the steps you have taken in the creative process: the input of yourself and the others in your group, a clear, step-by-step description of your composition and a reflection on the challenges you have met and overcome in the creative process.

Deberás escribir un diario que incluya los pasos que hiciste en la creación del proceso: la entrada de uno mismo y los demás en su grupo, de forma clara, paso a paso, la descripción de su composición y una reflexión sobre los desafíos que hemos superado con éxito en el proceso creativo.

You will be assessed against the following Criterion B points:

- **Choice of music**
- **Selection of movements and poses**
- **Selection of links** (flow of movements, range of varied and imaginative movements and linkages of sequences)
- **Use of performance area** (space, ground, air)
- **Coherence** (beginning, middle, end, climax, symbolism)

Se evaluará en los siguientes puntos Criterio B:

- Elección de la música
- Selección de los movimientos y poses
- Selección de enlaces (flujo de movimientos, la amplitud de los movimientos variados e imaginativos y los vínculos de las secuencias)
- El uso del área de actuación (el espacio, tierra, aire)
- Coherencia (principio, mitad y final, el clímax, el simbolismo)

Criterion C Assessment

You will have to make a **video** of your composition and send in **the best version**. Your teacher will watch your **individual performance** (Criterion C) on this video and assess you against the following points:

- **Synchronization** (with the music and others in your group)
- **Competence** (accuracy, **control**, **coordination**, timing, **fluency** and safety)
- **Precision** (balance, stability, exactness, **body form** and **the extension shown in your movements**)
- Whether your music gives an **appropriate overall effect** to your composition

The due dates for handing in your video : November.....

Habrás que hacer un video de la composición y enviar la mejor versión. Su profesor le observa en su rendimiento individual (Criterio C) en este vídeo y evaluar que encuentra de los siguientes puntos:

- Sincronización (con la música y otros en su grupo).
- Competencia (precisión, control, coordinación, sincronización, fluidez y seguridad).
- Precisión (el equilibrio, la estabilidad, la exactitud, la forma del cuerpo y la extensión de la muestra en sus movimientos).
- Si a menudo su música da un efecto apropiado general a su composición.

Las fechas de vencimiento para la entrega en el vídeo: **Noviembre.**

Criterion D Assessment

Social skills and personal engagement:

- **Participate** fully in ALL Movement Composition classes
- **Take responsibility** for your own learning and improvement
- Show commitment to **self-improvement**
- **Demonstrate an attitude to deepen and enhance relationships** with your classmates by showing a high degree of respect and sensitivity to others in ALL classes
- **Consistently** show **enthusiasm and commitment** to classes of physical education

Habilidades sociales y compromiso personal:

- Participar plenamente en todas las clases de movimiento de la composición.
- Asumir la responsabilidad de su propio aprendizaje y mejoramiento.
- Mostrar compromiso con la superación.

- Demostrar una actitud de profundizar y mejorar las relaciones con tus compañeros, mostrando un alto grado de respeto y sensibilidad hacia los demás en todas las clases.
- Consistentemente mostrarás tu entusiasmo y compromiso con las clases de educación física.

Achievement Level	Criterion B: Movement Composition
0	You have not reached a standard described below.
1 – 2	You select some pleasing moves that are appropriate to the requirements of your task. You have some difficulty in adapting and /or creating moves. Your sequence shows a simple use of space, time, level, force and flow. Your composition is generally incoherent with many pauses , and shows limited creativity .
3 – 4	You select, adapt and create pleasing moves that are appropriate to the requirements of your task. Your sequence shows a competent use of space, time, level, force and slow. Your composition is mostly coherent , and shows some aspects of imagination and creativity .
5 – 6	You select, adapt and create a wide range of pleasing moves that are appropriate to the requirements of your task. Your sequence shows a sophisticated use of space, time, level, force and slow. Your composition is coherent , and shows some aspects of imagination and creativity .

Notes

Coherent: refers to the logical development of the composition

Range: variety of different movements and linking sequences

Achievement Level	Criterion C: Performance
0	You have not reached a standard described below.
1 – 2	You demonstrate little competence in basic moves in your movement composition. You perform with little precision, synchronization or energy .
3 – 4	You demonstrate competence in basic moves in your movement composition. You perform with some precision, synchronization and energy .
5 – 6	You demonstrate competence in basic and some complex moves in your movement composition. You perform with precision, synchronization and energy most of the time .
7 – 8	You demonstrate competence in basic and many complex moves in your movement composition. You perform with a high degree of precision, synchronization and energy .
9 – 10	You demonstrate a high level of competence in both basic and complex moves in your movement composition. You perform with precision, synchronization, energy, style and flair .

Notes

Competence: *accuracy*, control, coordination, timing, fluency

Precision: balance, stability, use of space, exactness, extension and body form

Synchronization: with the music and your partners

Achievement Level	Criterion D: Social Skills and Personal Engagement
0	You have not reached a standard described below.
1 – 2	You show an attitude that maintains relationships with others. You show respect and sensitivity to yourself, others and the physical environment some of the time. You take responsibility for your own learning some of the time but you show little enthusiasm and commitment to physical education. You have difficulty reflecting on your achievements and taking action to improve.
3 – 4	You show an attitude that maintains relationships with others. You show respect and sensitivity to yourself, others and the physical environment most of the time. You take responsibility for your own learning most of the time and you show some enthusiasm and commitment to physical education. You reflect on your achievements to a satisfactory level but you may need encouragement in taking action to improve.
5 – 6	You show an attitude that improves relationships with others. You consistently show respect and sensitivity to yourself, others and the physical environment. You take responsibility for your own learning and you usually show enthusiasm and commitment to physical education. You reflect critically on your achievements and you take some action to improve.
7 – 8	You show an attitude that deepens and enhances relationships with others. You consistently show a high degree of respect and sensitivity to yourself, others and the physical environment. You take responsibility for your own learning and you consistently show enthusiasm and commitment to physical education. You reflect critically on your achievements and you take action to improve.