

Appalachian Spring Dance

Aaron Copland was commissioned to write *Appalachian Spring* by choreographer Martha Graham. He was asked to write a ballet on the theme of America. It has since become a very popular orchestral suite. In this activity you will be interpreting the music into movements.

Please be careful not to trip or hurt yourself. An adult should be supervising this activity.

Warm-up

- Jog on the spot for 15 seconds
- March on the spot or around the space for 15 seconds
- Jump on the spot for 15 seconds
- Zig-zag around the space for 15 seconds
- Walking lunges for 15 seconds

Repeat twice

Dance

You will be dancing to Aaron Copland's *Appalachian Spring*. You will need to interpret the music through your body. Think about the mood of the music and the tempo.

Link to music: [Appalachian Spring - YouTube](#)