

PLANES OF SPACE

Teacher Key

The three planes of space describe the height, depth and width along which actions take place. They may be referred to using dance or kinesiology terminology.

A

Dance: Door

Kinesiology: Frontal

Actions which lie along the door or frontal plane are those which move sideways. Reaching the arms out to the sides, doing a tendu á la second, doing a cartwheel or dancing a grapevine step are all actions on the door or frontal plane.

B

Dance: Wheel

Kinesiology: Sagittal

Actions which lie along the wheel or sagittal plane are those which move forward/backward. Bending forward, doing an arabesque, doing a forward roll or leaping forward are all actions on the wheel or sagittal plane.

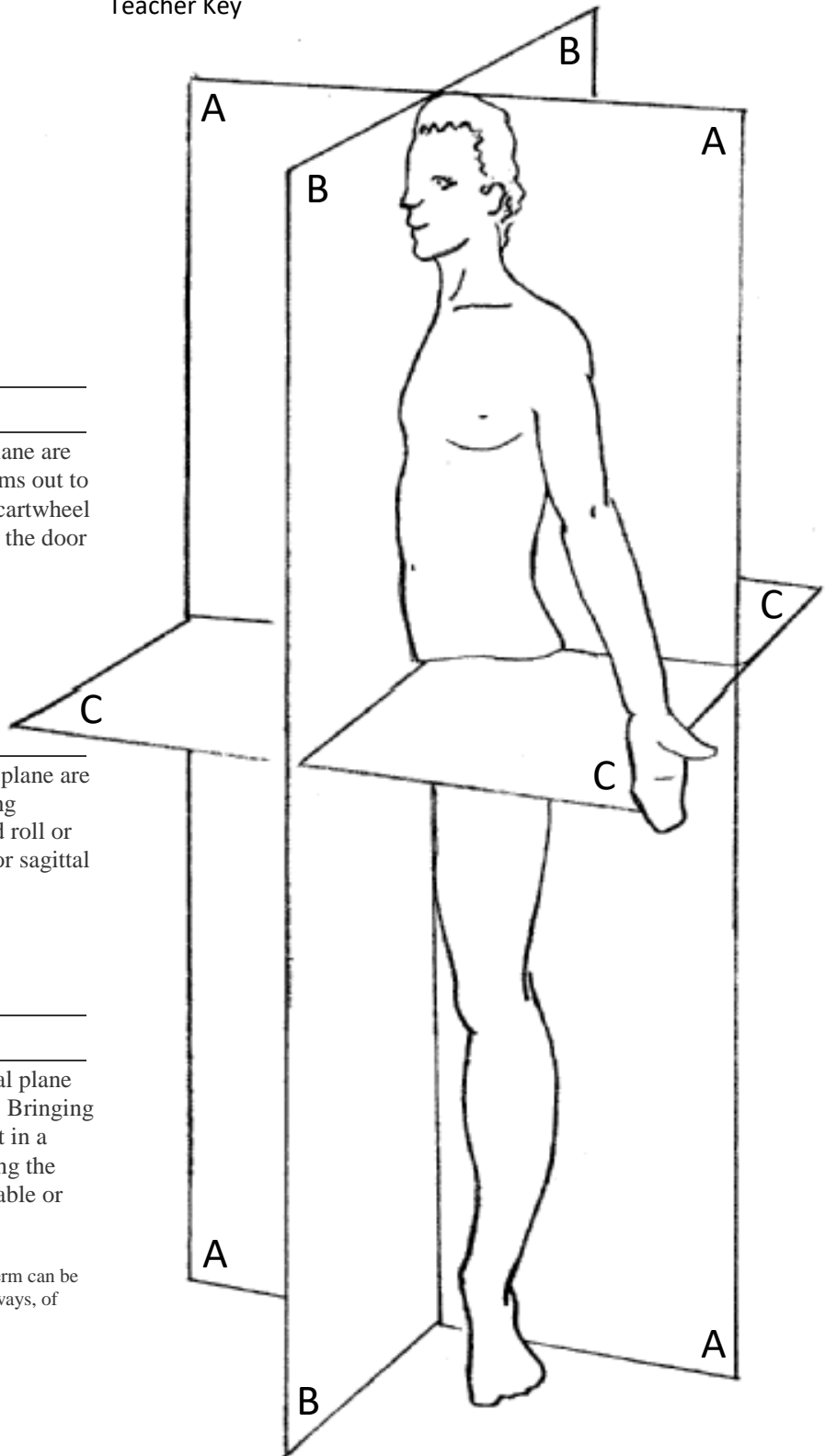
C

Dance: Table

Kinesiology: Horizontal

Actions which lie along the table or horizontal plane are those which sweep parallel to the ground. Bringing the arms from á la second to au milieu devant in a pirouette, swinging a baseball bat, or swiveling the head from side to side are all actions on the table or horizontal plane.

(This plane is also called the transverse plane, but that term can be confusing if you also use Laban's terminology, for pathways, of peripheral, central, and transversal.)



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