

Movement Discovery

Key Stage 2&3



Truro and Penwith
Academy Trust

**Originally
supported by:**



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**ARTS COUNCIL
ENGLAND**

Movement Discovery

TEACHERS INFO

This resource is designed to give you six weeks of pre made 30 minute activity sessions, based on movement and dance skills for Key Stage 2 & 3 pupils. Each session focuses on a creative brief with technical challenges and signposts. The sessions are divided up weekly with a theme for each week. You could do the sessions in any order you wish and repeat them as many times as you like. The order set out below is recommended due to elements cropping up again and being developed but that is only a guide.

Overview:

Checklist - a brief list of things to check prior to starting the session. We recommend the sessions be supervised in some way whether this is with a parent or guardian but obviously this is case by case, and at the family/teachers discretion.

- Location, Location, Location (Prop/furniture needed)
- Unique Unison
- Fire and Water
- Photo Fantastic
- Digital Mirror (Optional use of technology)
- Terrific Text

The the content is all adapted from the Digital Dance Discovery Project 2020. It is designed to give anyone, of any age, dance or movement background who wishes to get involved, a starting point to have a wiggle, or a jiggle and to keep our bodies moving!

Movement Discovery

PARENTS INFO

This resource is designed to give you six weeks of pre made 30 minute activity sessions, based on movement and dance skills for Key Stage 2 & 3 pupils. Each session focuses on a creative brief with technical challenges and signposts. The sessions are divided up weekly with a theme for each week. You can repeat the sessions multiple times in one week, give it a go once or as many times as you like.

We recommend the sessions be supervised in some way by a parent or guardian in order to ensure participants safety. The sessions should take max 30 minutes. However, be creative and feel free to add elements, adapt and use the session plans as a spring board to get active!

You shouldn't need more than a meter square flat space somewhere inside but, if you feel limited by spacial restrictions again adapt away!

The activities are all designed so everyone can get involved but please adapt the activities where necessary for any specific needs or injuries.

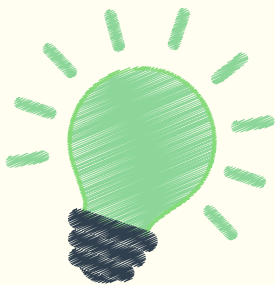
The sessions are meant to be fun so don't feel pressure to do anything that doesnt feel right.

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Movement Discovery Checklist

Before you start go through the list below and make sure it is safe to get going.*

- ☐ I have a designated space to move in that is free of any obstacles or hazards.
- ☐ I have any props or items I need for my session.
- ☐ An adult is supervising or approved me using this space for the needed amount of time.
- ☐ I am wearing appropriate clothes to do the activity. Clothes I can freely move in and show off how brilliant I am!
- ☐ I feel happy and ready to start.



Ok... lets go!

Movement Discovery

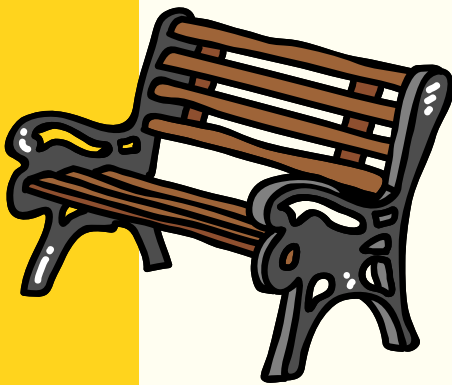


Location, Location, Location

Task 1 - Pick a location as inspiration, this may be a piece of furniture in the house: a chair, the sofa, your bed. You could choose a nook in the garden or a spot on your favourite walk. Use your chosen site as the location of your dance. Think about what you can do at this location that wouldn't be achievable without it and have an improvisation at your chosen site.

#HELPFUL TIP

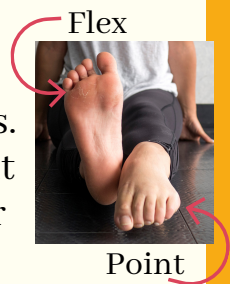
Think about your engagement with your site, the tone, the feeling your chosen place communicates.



Task 2 - Set a piece of choreography to music or using a sound scape at your chosen site. Your site specific dance should be influenced by your location and what usually happens there.

Technical Challenge -

Often in dance we POINT our feet, this is when we stretch our foot as straight as we can and make a lovely point with our toes. But sometimes we FLEX our feet which is when we make a right angle with our foot and ankle and pull our toes up towards our ears. Have a go at doing both in your dance.



Terminology

Improvisation - you make it up as you go along and it can be different every time.

Choreography - you make decisions about what your moves are going to be and they are the same every time you do your dance.

Site Specific - a piece of dance that is specifically designed for a location and is integrated with that location.

**YOU MUST GET PERMISSION
FROM PARENTS/GUARDIANS
TO USE YOUR CHOSEN
FURNITURE/LOCATION!**



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Unique Unison

Task 1 - Set a series of 16 to 24 movement actions. Be precise and specific enough that you could repeat your choreography 3 times in a row and it would be identical every time.



Task 2 - Try and teach your choreography to someone else, whether this is someone in your own household or a friend or family member over a digital forum, such as a video call.

#HELPFUL TIP

Be really precise with your movement when you first choreograph your 16 to 24 actions, this will help you be clear in your communication when teaching someone else and enable you to achieve UNISON.

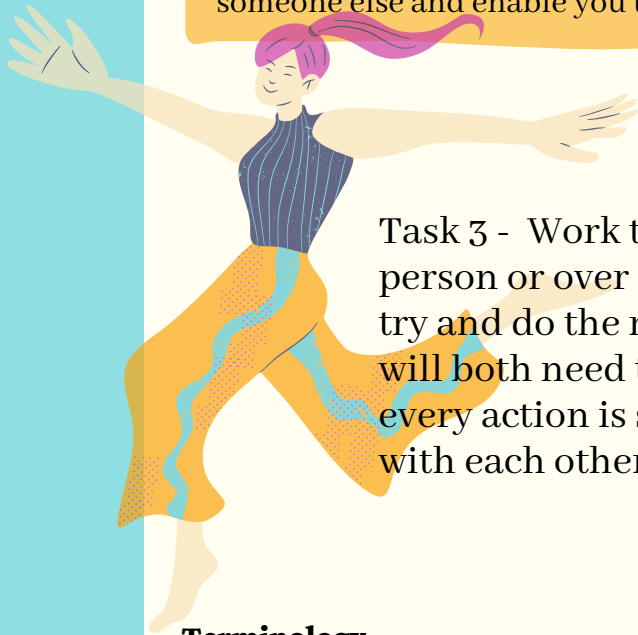
Task 3 - Work together whether this is in person or over some form of technology to try and do the movements in UNISON. You will both need to be really clear on what every action is so that you can stay in time with each other. (Music or counts will help!)

Terminology

Improvisation - you make it up as you go along and it can be different every time.

Choreography - you make decisions about what your moves are going to be and they are the same every time you do your dance.

Unison - Unison means doing the same thing and the same time whether there are 2 dancers or 20 dancers.



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Fire & Water



Task 1 - You can choose the quality of Fire or Water, or both, for your inspiration. Think carefully about the quality and dynamics of your chosen element. Focus on the energy each element portrays.

Task 2 - Chose a context where you would find these elements and take this as further inspiration. Maybe a waterfall, maybe a campfire, maybe a lit match or a running tap...

#HELPFUL TIP

Fire and water have such different properties but can both be magical and relatively tame but then in contrast they can both be incredibly powerful, wild and dangerous. Think about this when your creating, what qulaities are you trying to represent?

Technical Challenge -

Pick either JUMPS or TURNS and try and incorporate at least 3 different JUMPS or TURNS into your choreography. With turns try and control the finishing point and for jumps be mindful of landing softly and bending through the knees.

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Movement Discovery

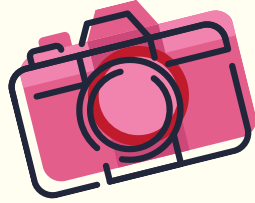


Photo Fantastic

Task 1 - Pick a photograph as your starting point. This could be an image of you, a family member, an object, a place. It could be a family photo or taken by someone else. It may be a professional photograph, a modern or historical image and so on. The choice is yours!

(There are five back up options to choose from, see the next page. If you can't decide on an image choose one of the five sample photos.)

Technical Challenge -

When we stretch our body out as far as we can we call it EXTENSION. Try and incorporate three or more movements where you fully stretch your arms and your legs. Stretching out as far and as straight as you possibly can. Try and not wobble while you do it but use your core muscles (the muscles in your abdomen) to help you balance.

BONUS TASK

Have a play with taking a photograph yourself and use this image as inspiration to create a new dance.



Terminology

Improvisation - you make it up as you go along and it can be different every time.

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Stimulus - a piece of source information e.g. a photograph, a piece of art or music, a prop that inspires what you create.



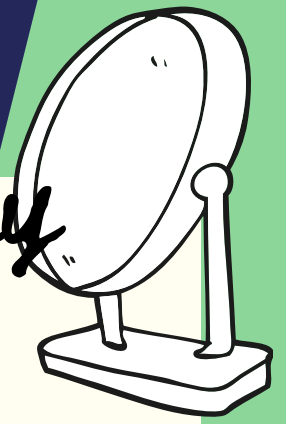
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Photo Fantastic PHOTO OPTIONS



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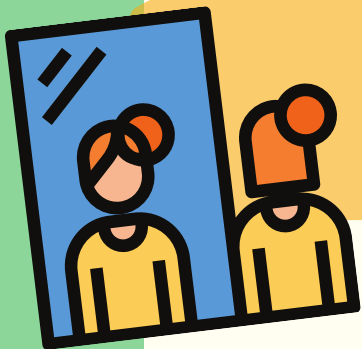
Digital Mirror

Task 1 - Create a short solo, or have an improvisation working on the idea of a mirror/the concept of reflection.

Task 2 - You can also have a go at mirroring. Whether with someone in your own home or someone over a digital forum, slowly move and see if the other person can be your reflection, take it in turns to be the leader.

#HELPFUL TIP

When mirroring, slow and controlled is key, if you move too quickly or change direction too fast the other person will become more of an echo than a reflection. Remember your trying to move together at the same time!



Technical Challenge -

Floor work is a really brilliant element of dance and is often used in styles such as contemporary and hiphop/breakdance. Have a go at incorporating low levels and going down onto the ground into what you create.



Terminology

Improvisation - you make it up as you go along and it can be different every time.

Choreography - you make decisions about what your moves are going to be and they are the same every time you do your dance.

Mirroring - when two or more people try and move as one. with one being the leader and one being the mirror/reflection.



Movement Discovery



Terrific Text

Task 1 - Choose 3 descriptive words, for example -

WOBBLY

STRONG

DRAMATIC

Create as 3 to 5 different moves for each of your words. Imagine it is like charades and your job is to express and communicate the word to the audience but without telling them out loud what it is. To do this your actions will be need to be very clear and show off the words you chose.

Task 2 - Choose a word, poem, sentence, story, quote, phrase or letter to inspire your movement for your main dance this week. Words have so much power and influence in the way we communicate. Can you take those words or letters and make they a physical exploration and mode of communication.

BONUS TASK

Write something of your own, whether its a series or letters, a poem or a short story and use this as inspiration for a improvisation.

Terminology

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SUMMARY

Hopefully this resource has give you loads of activities and starting points to work from, even under less than ideal circumstances.

We hope you had fun joining in and you have found it both fulfilling, educational and fun for all participants.

ADDITIONAL USEFUL LINKS:

(Copy and past the links below into your browser)

- COSMIC KIDS YOGA -
https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ
- GO NOODLE | GET MOVING -
<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>
- NATIONAL DANCE INSTITUTE -
<https://www.youtube.com/user/nationaldance/playlists>

Created for The Truro and Penwith Academy Trust
by Grace Murdoch,
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