

Make A Shape by twisting to look at the floor behind your feet	Jump or Hop off 1 foot onto 2 feet	Gesture Act as if you are walking on very thin ice.	Make A Shape - a zig zag on the floor using your whole body	Swing 1 arm in a huge figure eight pattern	Balance on 1 foot & 1 hand with your body stretched	Gesture Act as if you are pushing a big door open.	Turn One full turn to the left in a curled up position	Make A Shape by pointing elbows different directions	Balance on 2 shoulders and 1 foot looking up
Gesture Act as if you just got good news.	Balance on one foot with the other leg bent to the side	Turn One full turn to the right	Jump or Hop off 1 foot onto 1 foot (Same foot)	Make A Shape using lots of straight lines	Jump or Hop & make a shape in the air	Turn One full turn to the left in a tall, stretched position	Jump or Hop off 1 foot onto other foot	Gesture Act as if you just got bad news.	Walk or Run in a square with arms folded behind
Turn to face 3 different directions one after the other	Gesture Act as if throwing a stone very high	Make A Shape by stretching 1 hand 1 foot in opposite directions.	Turn with your body in a tight ball	Jump or Hop off 2 feet onto 2 feet	Balance on your toes with arms to the side	Jump or Hop while reaching in another direction	Gesture Act as if pushing a big drawer closed	Walk or Run in a growing spiral	Make A Shape that is soft and curved.
Make A Shape that reminds you of a familiar object	Swing 1 leg so hard that you leave the ground	Walk or Run backwards in a circle, looking over a shoulder	Balance on one foot and one shoulder	Make A Shape like a melting waxworks statue	Turn A quarter turn to the right on one foot	Gesture Act as if you're walking on a high wall	Swing 1 leg like a pendulum	Gesture Act as if waving to someone	Turn A quarter turn to the left on both feet
Gesture Act as if you are shaking out a big sheet of cloth.	Turn A half turn to the right on both feet	Gesture Act as if lifting a heavy weight	Jump or Hop Off 2 feet Onto 1 foot	Swing arms in opposite directions	Jump or Hop & make 2 movements in the air	Make A Shape by stretching one hand to where the ceiling meets the wall	Gesture Act as if you're playing a large musical instrument	Gesture Act as if you're playing a ball and stick sport	Walk or Run in a circle while looking at the floor
Turn One full turn to the left	Jump or Hop Slap a body part	Turn A half turn to the left on one foot	Gesture Act as if pulling on a rope	Balance on your bottom with arms and legs outstretched	START HERE	Gesture Act as if you're swatting a buzzy fly.	Balance on elbows and knees with your body stretched	Make A Shape by kneeling on both knees, hands on the floor to 1 side	Balance on your bottom with arms and legs crossed
Jump or Hop twisting in the air	Turn a slow quarter turn to the left balanced on one foot	Make A Shape with one elbow touching the opposite knee	Gesture Act as if brushing raindrops off clothing	Turn a half turn to the right on both feet	Balance on 2 hands and 1 foot with your body twisted	Make A Shape that looks like a piece of modern art	Jump or Hop 4 times & change direction 2 times	Gesture Act as if hearing someone call your name	Jump or Hop Hold a shape before, during and after
Turn to face a corner of the room 3 times	Make A Shape that reminds you of a good feeling	Turn with your arms spread up and out	Balance on one hip with arms & legs stretched	Make A Shape like a statue of an athlete in action	Turn a half turn to the left on both feet	Walk or Run on the spot in slow motion	Make A Shape by reaching high and low at the same time	Turn with your arms wrapped around you	Gesture Act as if you're looking for something you've lost
Walk or Run with your arms folded overhead	Swing both arms back & forth, making a circle on every 3 rd swing	Turn One full turn to the right in a curled up position	Walk or Run for 4 beats, change direction & repeat 3 times	Turn one full turn to the right in a tall, stretched position	Jump or Hop & glue your hands to a body part	Swing opposite arm and leg for 4 beats then swop	Gesture Act as if you're sneaking past someone asleep	Make A Shape by tying yourself in a complicated knot	Make A Shape Balance on one hand and one foot
Gesture Act as if you're being drenched by rain	Turn with your body in a scrunched shape	Jump or Hop then clap and make a shape as you land	Make A Shape with one body part reaching to the ceiling	Walk or Run in a zig zag pattern for 12 beats	Balance on 1 foot and the opposite hand	Gesture Act as if you're jumping out of the way of falling rocks	Swing 1 arm 3 times, other arm, 1 leg & then other leg	Turn a half turn to the right on one foot	Make A Shape by curling up knees to forehead

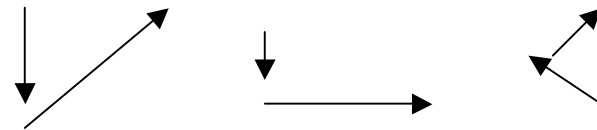
How To Use The Game

- Dancers are divided into groups of 4 or 5.
- Each group is given a dance board and a counter which is placed on the START HERE box.
- Each dancer is designated a letter - A, B, C, D or E.
- The teacher rolls one or two dice.
- Dancer A gets to decide where the counter moves eg. A score of 3, 5 on the dice means that the counter can move 3 boxes in one direction and then 5 in another (or 5 and then 3). The group then has to satisfy the instruction given in the box.
- The teacher might play the chosen accompaniment in advance or while they are working.
- When everyone has had some time to work on their phrase the teacher will call them together and get them to perform their phrases simultaneously with the music. Then it is time to roll the dice again and person B decides where the counter moves, starting from the last position reached. This phrase will need to be connected to the first phrase.
- Again the teacher will play the music from the beginning and groups can make sure that their phrases suit the music and that one phrase connects smoothly to the next.
- Repeat process until each dancer has had a turn of moving the counter.



















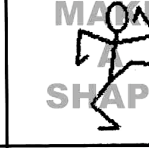






















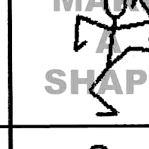







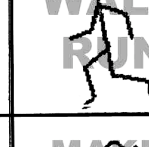













Getting the Most Out of The Game

When a group lands on a box with a simple instruction and has satisfied that criteria within a short period you will want to extend the quality and content of their efforts. How do you achieve this? A few simple choreographic suggestions can work wonders.

- What is the starting position for this action/shape? Is everyone in place or how do they get there?
- How is your group arranged while doing this movement or shape? Are they in a circle, a square, a curved or straight line?
- When do you do the action/shape? Does everybody do it together (unison)? Does one person then another do it (rotation or round robin)? Does one begin then another (round or canon)? Do two people do then another pair, then everyone together?
- How is the movement performed? Does it work with or against the rhythm of the music?
- Can you use the direction the counter moved to suggest a directional pattern for this movement?



- Make a suitable beginning and ending for the whole piece to tie it together. eg. Enter the space, exit the space, from a tableau.

 MAKE SHAPE	 JUMP HOP	 GESTURE	 BALANCE	 WALK RUN	 TURN	 MAKE SHAPE	 JUMP HOP
 BALANCE	 MAKE SHAPE	 SWING	 GESTURE	 MAKE SHAPE	 WALK RUN	 BALANCE	 TURN
 WALK RUN	 BALANCE	 MAKE SHAPE	 TURN	 JUMP HOP	 WALK RUN	 GESTURE	 BALANCE
 MAKE SHAPE	 GESTURE	 JUMP HOP	START	 TURN	 BALANCE	 SWING	 JUMP HOP
 WALK RUN	 BALANCE	 SWING	 WALK RUN	 MAKE SHAPE	 GESTURE	 JUMP HOP	 WALK RUN
 JUMP HOP	 WALK RUN	 MAKE SHAPE	 JUMP HOP	 WALK RUN	 GESTURE	 TURN	 GESTURE
 GESTURE	 TURN	 WALK RUN	 BALANCE	 GESTURE	 TURN	 BALANCE	 MAKE SHAPE
 JUMP HOP	 GESTURE	 MAKE SHAPE	 JUMP HOP	 SWING	 JUMP HOP	 WALK RUN	 BALANCE

Dance Board Game

This is the Pre-Literacy version of the game.

Create

The teacher uses one board and counter. Children from the class can volunteer/take turns to come up, throw the die and move the counter.

The teacher can instantly see what type of movement is selected, be it jump/hop, turn, balance etc. The teacher then chooses one of these from the normal version of the board and reads it aloud for the class, taking suggestions as to how the instruction might be interpreted, looking at demonstrations before allowing the children to find their own way of responding either in pairs or solo. Some will imitate the examples. Others will come up with their own interpretation.

After about a minute of exploration and practice the class can show each other how they have chosen to do the movement.

Then the die is rolled again and the process repeated.

When two movements have been created the children are encouraged to do one and then the other, so beginning the creation of a phrase.

The teacher will judge as to whether the phrase will have two or three elements or more, depending on the ability of the class.

The teacher should encourage the children to find a strong or interesting starting position and also a clear finishing to position to define the dance clearly.

Perform

Performing the final dance might be helped by defining the phrase :-

Starting Position - Part 1 - Part 2 - Finish Position.

Dances might be performed with half the class watching and half performing or similar groupings.

Appreciate

Encourage talk about the dances. Point out desirable elements such as stillness, steady balance, concentration etc. Talk about what was easy and what was anything hard. Ask if the dances could be made better. Allow opportunities to retry. Ask if anybody would like to change their dance and do it one more time.