

CREATIVE DANCE WORKSHOP

with a focus on Fundamental Movement Skills

Friday July 3rd , 2015

	MUSIC	ACTIVITY
WARM UP	<i>Quixtomomosis – Brass Souls</i>	Shake out – arms – R then L up & side, R then L down & side; legs R then L front & side, R then L back & side Claps in 2s high, high, mid, mid, low, low & spin around. X 2 Then claps single - high, high, mid, mid, low, low & spin around. X 2 Twist on spot – move to right – move back to left Clap over the head; behind the back; under the Right leg; under the Left leg. x 4 Repeat double time speed and rest 2 3 4 Shoulder, elbow, arm forward, Both arms forward. Shoulder, elbow, arm back, both arms back
	<i>Love Blues</i>	Sway to the right 2, 3, 4. To the front on Right 2, 3, 4. To the front on Left 2, 3, 4. To the left 2, 3, 4. To the back on Left 2, 3, 4. To the back on Right. 2, 3, 4. Repeat for 2 beats.
	<i>Golden Brown - Stranglers</i>	Arm swings side to side, Side to side and over the top, arm swings and skip to the side. Upper body twist, 1, 2 and turn to the Right, 1, 2 and turn to Left. Combination – Swing & Skip to Right then Twist & Turn to Left. Repeat X 2 then repeat reversed. Bowling with R arm and step fwd on L Bowling with L arm and step fwd on R
	<i>Why Can't We Live Together - Sade</i>	Sitting cross legged R leg in front – bow to R and touch head off knee, repeat to L. Hands reach forward to touch floor (we're not worthy). Repeat with L leg in front. Legs stretched in front reach R hand for L big toe, L hand for R big toe. Elbow to knee in straddle R and L Big reach behind R and L Superman Superman swimming Pencil roll

	MUSIC	ACTIVITY
CROSS THE FLOOR	<i>Pick Up The Pieces</i> - Average White Band <i>Johnny Got A Boom Boom</i> - Imelda May <i>Pukepuke Te Pate</i> – Te Vaka	<ul style="list-style-type: none"> - walk run skip slide hop jump (5 jumps give different landings and take offs) - HopR HopL Land2 then reverse it. - walk 2 3 4 Jump1/2 Jump1/2 - quick grapevine (front & back & front & back) + step hopR step hopL

	MUSIC	ACTIVITY
ACTION	<i>Cha cha</i> - Balkan Beat Box	<p>Dancers move about the space – walking, running, skipping, Dancer selects an Action Card – sequence then becomes Travel 2 3 4 Kneel 2 3 4 After allowing some exploration time a new element is added. Final sequence was; travel 2 3 4 kneel 2 3 4; tap 2 3 4; flop 2 3 4. Pairs then worked on a joint phrase using these elements. (teacher can choose which actions are on offer by selecting a variety from the Action Word list on website)</p>

	MUSIC	ACTIVITY
LEARNT PHRASE	<i>Boogie Woogie Bugle Boy</i>	Run run run (R L R) swivel L swivel R balance on L w/ R arm fwd (in opposition) rotate arms in big circle sway back to R Turn L x2 Run to partner

	MUSIC	ACTIVITY
SHAPE & BALANCE	<i>Boogie Woogie Bugle Boy</i>	Make A Shape sheet working in pairs. Shape 1: separate shapes but in relation to each other. Shape 2: shapes involve supporting/leaning Shape 3: shapes involve counter pull (Explore symmetry vs asymmetry)

Fundamental Movement Skills addressed in this workshop

Body Management Skills

1. Rolling
2. Stopping - direction changes.
3. Bending
4. Twisting
5. Landing - 5 jumps
6. Stretching
7. Climbing
8. Static and Dynamic Balancing – holding positions and moving in and out of positions.
9. Turning - spin on one/two foot, walk around on spot, walk round with travel

Locomotor Skills

1. Crawling
2. Running
3. Galloping
4. Walking
5. Hopping - restrict upper body shape & arms counter balance
6. Skipping
7. Dodging

Make A Dance Task - Group of 4 or 6 (keep pairs from Action and Shape task)

- allow a minimum of 8 beats per element of dance.

Travel	Balance	Turn	Action	Jump
Cross the floor	Shape sheet	Class	Word list	Cross the floor