

**PME – PE Dance**  
**Tuesday 23<sup>rd</sup> October 2018**

	MUSIC	ACTIVITY
<b>WARM UP</b>	<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 Shoulder back, elbow back, arm back, both arms fwd. Shoulder fwd, elbow fwd, arm fwd, Both arms back.
	<i>Ta Douleur - Camille</i>	Bounces 4 to front , to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern) Then 2s in each direction. Then 1s in each direction. Double time 1s in each direction  Arm swings alternating – R Fwd L back Over the top

	MUSIC	
<b>Rhythm</b>	<i>Cha Cha – Balkan Beat Box</i>	Move 8 Freeze 8 (16 beats each time) Move 4 Freeze 4 x 2 Move 2 Freeze 2 x 4 Move 1 Freeze 1 x 8
<b>Locomotor &amp; Combining Dance Elements</b>	<i>Johnny Got A Boom Boom – Imelda May</i>  <i>Calexico - Scout</i>	<u>Explore</u> Walking with direction changes. Skipping 4 on one side then 4 on other. Skipping 2 one side change 2 the other. When ONE is called you spin and point at a high corner - must not use finger to point – use body parts. Travel and repeat a few times. When TWO is called spin/turn anyway you like and finish near the floor. Travel and try out alternating between ONE & TWO. When THREE is called jump and land facing a new direction and make a shape like a ninja or Spiderman. Travel and try out alternating between ONE, TWO & THREE. <u>Create</u> Take the three dance elements and combine them into a <i>dance phrase</i> . Whole class travel in space and when NOW is called perform the phrase. <u>Perform</u> Class broken in two halves A and B. Whole class

		travels together. When A is called B freeze and watch while members of group A perform their phrase, then return to travelling en masse. Then B is called and group A watches while holding a freeze. This is a <i>low focus</i> method of allowing dancers to perform for each other without being in the glare of full-on scrutiny. It also gives the teacher a chance to assess the work being done by dancers.
<b>DANCE BOARD GAME</b>	<i>Royals – Lorde</i>	Dance Boardgame – groups of 3 (up to 5) Each person given a letter A, B etc. Teacher/dancer rolls die/dice and calls out number(s). Dancer A chooses where the counter lands on the board. The group then interpret the instruction. Make sure they get maximum out of material and don't just go for quick option. Repeat die throw and B chooses next box to land on. Add this movement element to the first and so on. Repeat for dancer C and D (More details and suggestions on downloaded board game.)

Dance making is about the converting of ideas into symbols, which are then conveyed by the body. Creative dances are made by answering basic questions:- What am I doing? Where am I doing it? How am I doing it? When am I doing it? With/in relation to whom?

What am I doing? – Running, leaping, crawling (locomotor), making shapes, swinging, swaying, gesturing.

Where am I doing it? – Where in the space? On what level – high, medium, on floor? Near or far from others? In relation to others or in opposition?

How am I doing it? - Smoothly, sharply, energetically etc. or all of the above at different times.

When am I doing? – How fast or slow is it? Is it rhythmical? Is it changing tempo?

With/in relation to whom? – Is my movement a solo, a duet or trio etc? Do I move in and out of different groupings? Do we move in unison or canon?

Here is the URL of my website where you can find resources like the Dance Boardgame we used.

<http://homepage.eircom.net/~dance/creativdance.htm>

and here is my workshop music.

<https://www.dropbox.com/sh/1jdv155dfs35kfd/AAB4Eco9m5N2vdMAjUUhMV4ua?dl=0>