

CREATIVE DANCE WORKSHOP

**Monday 4th July, 2011
Coláiste Mhuire, Marino**

	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 Clap overhead, behind back, under L leg, under R leg Twist on spot – move to right – move back to left
	<i>Ta Douleur - Camille</i>	Bounces – 4 to front, to Right, to Back, to Left, Front, Left, Back, Right. (squared figure 8 pattern)
	<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.
	<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.
TRAVEL	<i>Cha Cha – Balkan Beat Box</i>	Walk 2, 3, 4, 5, 6, 7, 8. Freeze for 8. Then 4s, 2s, 1s. Using Action Word cards we develop a sequence - Walk 2, 3, 4. Turn 2, 3, 4 Throw 2, 3, 4. Rise 2, 3, 4. After playing with this a few times as a solo dancers then got into pairs or trios and made a unison sequence, replacing Walk with Travel to offer some scope.
	<i>Beattles Go Baroque – Peter Breiner.</i>	
		Elements chosen by drawing words from Action Word list (see website link)

	MUSIC	
CROSS THE FLOOR	<i>Pick Up The Pieces – Average White Band</i>	Gesture sequence. Walk 2-3-4. Wait 2-3-4 then building it up. Walk 2-3-4. Where's my keys Oh no! Oh hi! Oops! Grumble, grumble, 3, 4. Big splash, Wipe wipe.
Development of the floor crossing sequence	<i>Fatboy Slim – Right Here Right Now.</i>	In groups – Take 2 of the gesture cards per group and make a gesture sequence for 8 beats This new phrase is added to the learnt phrase. Avoid a lot of repetition. Explore new ways to arrange group ie. Circle, square, line opposite line etc. Actions can be in canon, pairs, unison. Groups perform for each other – do sequence, short pause and repeat. Alternatively they could do the phrase first time, travel around space and repeat in another part of the hall.

	MUSIC	
OUR HOUSE	<i>Dare (Soulwax Remix) - Gorillaz</i>	<p>Chill Out</p> <ul style="list-style-type: none"> - Think of a room in the house where you relax – take up pose of you in that room. Without changing position move 1 body part for 4. Now move another for 4. (Isolations) <p>Furniture</p> <ul style="list-style-type: none"> - In groups think of a room and make the shape of a piece of furniture you'd find in that room using all the bodies in the group. <p>Spell It</p> <ul style="list-style-type: none"> - Using the Alphabod sheet make a sequence that spells out the letters of that piece of furniture eg. S O F A <p>3 Rooms.</p> <ul style="list-style-type: none"> - Think of a room and make a still image of you doing an activity in that room. A second room and a second image and a third room and image, each one quite different. Make sure you can do each image one after the other. Find a way to make interesting transitions from 1 to 2 to 3 using turns, leaps, swings. Now you have a movement phrase rather than 3 still images
		<p>The Our House Dance</p> <p>The elements of the dance are Chill Out; Furniture; Spell It and 3 Rooms. They could be performed in any number of sequences but here is a suggested format. The group is divided into 3 smaller groups – X, Y & Z.</p> <p>X enters space and performs Chill Out, then freezes.</p> <p>Y enters space and performs Chill Out, then freezes.</p> <p>Z enters space and performs Chill Out, then freezes.</p> <p>X, Y and Z move to make Furniture shape in their groups.</p> <p>All come out of Furniture and each group performs Spell It.</p> <p>They go back into Furniture.</p> <p>X leaves Furniture and performs 3 Rooms and leaves the space. Y leaves Furniture, performs 3 Rooms and leaves space. Z performs 3 Rooms, then X and Y return and all 3 groups perform 3 Rooms simultaneously.</p> <p>All move to Chill Out and perform Isolations.</p>

OUR HOUSE DANCE - SUMMARY	
X	Chill Out
Y	Chill Out
Z	Chill Out
All	Furniture
All	Spell It
All	Furniture
X	3 Rooms
Y	3 Rooms
Z	3 Rooms
All	Chill Out

The Dance Lesson

The Primary School Curriculum says:-

Dance in education involves the child in **creating, performing and appreciating** movement as a means of expression and communication. Dance differs from the other aspects of the physical education programme in that the primary concern is with the expressive quality of movement and the enjoyment and appreciation of the aesthetic and artistic qualities of movement. (PE Curriculum page 3)

A good dance lesson should contain some or all of the following:-

A warm up

Walking – on the spot, in circles, fast and slow

Clapping in different directions and on different levels.

Jogging – on the spot, in circles, fast and slow.

Shaking – legs and arms separately and in combinations ie. Same arm and leg, opposite arm and leg,

Rotating – arms in shoulder sockets, legs in hip sockets, head on neck

Swinging – arms one at a time, arms in same direction, arms in opposite directions, legs one at a time forward & back, side to side.

Stretching – any yoga or sports stretches suitable for preparing body to move.

Exploration of space.

Directions – walking on spot, jumping facing front, back, right & left (colour coded walls)

Walking/jogging/hopping about the space with sharp direction changes on a cue eg. Drum, whistle, bell etc.

Exploration of movement elements.

Travelling, balancing, gesturing, swinging, turning, jumping, making shapes.

Action Words – Walk/jog for 8 Action Word 1 for 4; Action Word 2 for 4; Walk in a circle for 4; Action Word 3 for 4;

Action Word 1 for 4; Move slowly to the floor; Action Word 2 for 4 etc.

Teacher planned sequence eg. Walk 4 Crouch 2 Stretch 4 Hop 2 Turn left 4 Melt 4 Roll 4 Rise 2

Creating of movement phrases.

In groups or solo the children have time and structure in which to make their own dance phrases.

Board Game – See instructions.

Numberbody – using the Numberbody as a guide the children make a dance about:- the 4 times multiplication tables, or their phone number or a random 5 digit number they've made up.

Action Words – each group is given action words. They arrange the words in an order that they think will make an interesting sequence and then create the sequence.

Performing of movement phrases.

The children sit in groups while one group at a time performs the dance they have created.

Alternatively 2 or 3 groups might sit and watch while 2 or 3 perform and then vice versa.

Appreciation of movement phrases

Emphasis is placed on being attentive to and respectful of the work people have made. When the pieces have been performed comments are invited on what was good about the dances. Possible improvements or extensions might be suggested by those viewing the works.

Cool Down

To finish off the session, having discussed each other's work it is desirable to bring everyone back together for a some gentle movement. This might be some mirror work as a class or in pairs. Some yoga balances and breathing exercises could round the lesson off nicely.

Here is a reminder of the elements we have to work with in dance.

DANCE RESOURCE CHART
Instrument
Whole Body and Body Parts
Head – Shoulders – Elbows – Arms Hands – Torso – Hips – Legs – Feet
Movement
Movement in place (axial) Shake – Gesture – Stretch – Contract – Bend – Turn – Twist - Balance
Movement through space (locomotor) Crawl – Roll – Walk – Run – Leap – Jump – Hop – Skip – Gallop - Slide

The Elements of Dance		
Space	Energy	Time
<u>Size</u> Big Small	<u>Force</u> Strong Weak	<u>Speed</u> Slow Fast Accelerating Decelerating
<u>Level</u> High Medium Low	<u>Weight</u> Heavy Light	<u>Rhythm</u> Natural time Steady beat
<u>Shape</u> Curved Straight	<u>Quality</u> Smooth Sharp Swing	
<u>Directions</u> Forward Backward Sideways Diagonal	<u>Stillness</u> Active Passive	
<u>Pathway</u> Straight Curved Circular Zig-zag		
<u>Relationships</u> Near Apart		