

Creating a movement sequence

Topic 1: Warm up and play	Time: 10 minutes
❖ Physical warm-ups for co-ordination and control (including spinal warm-up, body part isolations, the controlled and relaxed use of the joints, especially the knees, hips and ankles in dance steps and sequences)	
Topic 2: Improvise and create	Time: 20 minutes
❖ Movement sequences inspired by sound pictures to express a mood or idea	

Resources:

- Worksheets
- A sound recorder such as a tape recorder, cellphone, etc.
- Sound recordings made during the previous activity



In class:

Warming up:

1. Lift your arms towards the ceiling. Make sure that your whole body is active and stretching upwards. Then rotate your arms backwards several times while breathing deeply, before changing direction. Relax your arms and lower them down to your sides.
2. Stand up tall, feet slightly apart, knees gently bent and with your hands on your hips. Keep your shoulders and hips level and in line with each other. Push your chest out to the front and feel how your back is arching. Come back to a neutral position, before hunching your shoulders and chest inwards. Repeat a couple of times.
3. Stand up tall with your hands on your hips. Point your toes and extend your right leg to the front. Sweep your leg towards the side with your toes brushing the floor. Now reverse the movement back to the front, before bringing your right foot back to its original position. Repeat a couple of times, before doing the same on the left.
4. Do the same as before, but instead of taking your leg to the front, you take it to the back.
5. Stand behind your chair with your hands on the backrest. Lift your right leg as high as you can to the right side. Slowly release it down. Repeat a couple of times, before doing the same on the left.

Movement sequence:

6. Divide into the same groups as in the previous activity.
7. This time you have to make use of the music you created for your sound picture to create a short movement sequence.
8. Listen to the music and picture in your mind the type of movement that would go well with the music.
9. Play the music, while each group member experiments with the types of movements they visualised.
10. Share the different movements you have come up with and see how you can combine these to create your movement sequence.
11. Be creative in your expression of the mood.