



Stimuli

- Music clips of African music
- Video clips – African Gum Boot dance
- Professional artist workshop
- Vibrant pictures of African dancers

Word bank



Select a focus

Rhythmic chants

Choose movement words

Stomping, clapping, jumping, C and S body shapes, heavy energetic movements.



Develop movement vocabulary and motifs

- ▶ Tap out rhythm of name, birthday, favourite meal, pop group, improvised words on floor, different part of the body, clapping, clicking fingers, stamping. Repeat and change the emphasis of the rhythms.
- ▶ Practise the bent knee and bent hip stance features of African dance, explore different S and C body shapes in time to the own chant rhythm/beat led by teacher.
- ▶ Explore different step patterns – steps, strides, hops and jumps, keeping relaxed, heavy stance-changing directions and adding sympathetic arm gestures. Use video clips and pictures to prompt and stimulate ideas. Decide and practice and repeat an African style step pattern/motif.
- ▶ Explore ideas of sinking and energetic, exuberant jumps into the air – focus on body shape and changing of direction.

Create an African movement phrase

- ▶ Include tapping and beating rhythms, gestures and body shapes, step patterns and exuberant jumps.

Developing the movement phase into a dance using STEP

- S** Perform motifs facing different directions and use explosive jump to change direction.
- T** Change the rhythm but keep motifs and movement phrases the same.
- E** Use percussion instruments to beat out the different rhythms.
- P** When working in pairs experiment with follow my leader, either mirror, side by side.



AFRICAN ROOT

Skills

Example

Thinking Me

Explore	Research	What different ways have you found to create rhythmic sounds? How will you use them in your dance?
Compose	Consider	Why would considering other people's ideas help you?
Perform	Review	What dance elements need to be used to create the weight quality necessary for this style of dance?

Social Me

Explore	Support	How can you support your partner if they are finding some actions or movements difficult?
Compose	Involve	Why is it important to include everyone in discussions when choreographing a dance for everyone?
Perform	Appreciate	How do you congratulate each other? What result do you think it had?





Healthy Me

Explore	Understand intensity	How can you measure the intensity of this style of dancing?
Compose	Design a warm-up	What pulse-raising activities would you include in a warm-up?
Perform	Perseverance	Why is it important to keep trying to improve your performance?

Physical Me

Explore	Develop stamina	Why is a good level of stamina necessary for this style of dance?
Compose	Develop strength	How can you use your body to demonstrate heavy movements?
Perform	Maintain balance	How can you ensure you are in control when you are performing?

Resources

-  Rough Guide to Africa – Davies Sports
"We will Rock You" – Queen
"Tracks" – Mango Groove
-  <http://www.chidi.com/poetrypage.htm> - various African poems
-  The band 'Stomp' use lots of steps patterns and rhythms in their work.
-  <http://www.youtube.com/watch?v=iSgFAG0mtac>
GumBoot Dancers in Cape Town
http://www.ehow.com/about_6720500_children_s-african-music.html
Children's facts on African music
http://www.youtube.com/watch?v=aQTSjW_Lfc8feature+related_UMOTAmusical-music+danceclips

Learning connections

Sporting chants

By players, the haka and spectators
American army marching
Skipping rhymes
Nursery rhymes

Religious/spiritual/rituals –

Mantras and chants

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