



## Stimuli

**Props:** balls, cuboids, containers, boxes.

**Pictures:** Geometric and abstract art work, skylines, aerial views of mazes, roads, maps.

## Word bank

spiral, oval, maze, straight, pointed, smooth, interlock, hoops, corners, circular, perimeter, angular, connect, crossover, curved, triangle

## Select a focus

Circles and squares

## Choose movement words

Angular, pointed, straight, curved, smooth, circular, connect, interlock.

## Develop movement vocabulary and motifs

- ▶ Explore circular movements and shapes, using whole body and body parts, turns, rolls, curved pathways on the floor and in the air – encourage, smooth, slow and continuous.
- ▶ Select a travelling action, a turn and roll refine into a circular motif following a curved or circular pathway.
- ▶ Experiment making angular shapes with different body parts emphasising strength in joints.
- ▶ Encourage jagged and angular shapes.
- ▶ Explore short quick dashes of movement, with sharp changes of direction to form square type pathways. Includes jump with angular shapes to change direction.
- ▶ With a partner find ways of making contact and hold body shape in similar or contrasting shapes with the observer able to distinguish two distinctly contrasting or similar shapes.
- ▶ Divide group into two forming square and circle and select a Chinese whisper gesture in keeping with the circular and angular to pass around the shape.

## Create a movement phrase

- ▶ By combining circular motif: travelling turning and rolling and square motif: shape travel jump. Emphasise contrast of dynamic between the two motifs.

## Developing the movement phase into a dance using STEP

- ▶ **S** The whole group forms a large circle and performs repetitions of their motif following circular floor pattern.
- ▶ **T** Partner work developed into taking weight by supporting, leaning, holding focusing on circular or angular shapes.
- ▶ **E** Use a formed shape or piece of art work as a stimulus to form a group shape to be used in the dance at a stage of the pupils' choice.
- ▶ **P** Explore the spatial element of varying the length of distance travelled, height when jumping.

## Skills

## Example

### Thinking Me

Explore	Consider	How do you use different pathways and flow of actions to show contrast?
Compose	Self assess	What happened to the quality of movements when trying to increase the difficulty?
Perform	Suggest improvements	What ways can changes be made to a movement idea to provide interest and complexity?

### Social Me

Explore	Communicate	How can you let others know that you want to move in a similar pathway?
Compose	Collaborate	How did you agree on the selection of body shapes and points of contact?
Perform	Motivate	Why did you motivate other dancers, what effect did it have?











### Healthy Me

Explore	Understand the effects of exercise on your body	Why is dance a good form of exercise?
Compose	Design a warm-up	What activities could you use to mobilise the joints for the circular and angular movements of this dance? Demonstrate your suggestion.
Perform	Enjoyment	Which movements of this dance did you enjoy performing? Why?

### Physical Me

Explore	Performs actions with a partner	Which ways did you and your partner find the most effective to show similar and contrasting shapes?
Compose	Maintain stability	How do you retain body control when supporting a partner?
Perform	Control movements	What will ensure a safe and controlled landing when performing jumps?

### Resources

-  "Chemical Brothers" Chemical Brothers
-  "Loops of Fury" Chemical Brothers
-  "Steam Machine" Daft Punk
-  Colour Study - Squares and Concentric, Kandinsky
-  Schweres Rot, Kandinsky
-  Counter Gravitation, Escher
-  Tessellations
-  "Bird Song" Siobhan Davies
-  <http://www.youtube.com/watch?v=r7N2B05hgnU&feature=related>
-  Resistance/co-operation bands – body sox, stretch fabric

### Learning connections

- Design & Technology**
- Construction
- Other dances using formations, e.g. Dorset ring dance
- Egyptian pyramids
- Myths and legends - Dreamcatcher
- Art forms and styles

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