

Creating a short Dance Motif



Objective

To create a short dance phrase based on pictures

Resources

- Music of your choice
- Pictures of chosen theme for stimuli – sports pictures (any other pictures could be used to explore a different theme)
- Sound system to play tracks

Process

1. Split the group into small groups of 4 or 5.
2. Give each group a pack of pictures and ask to discuss the shapes in the picture, body shape, lines, curves etc.
3. Each person creates 5 still freeze images to represent the pictures.
4. Each person then links each movement together to create a short dance sentence or phrase.
5. Develop this phrase by adding in jumps, turns, short travelling steps.
6. Pupils can use this material as a solo or join with another person to create a duet.
7. Rehearse performance material.
8. Once many phrases have been created – think about structuring the performance. Where is the audience placed? Who will enter 1st etc.
9. Ask each group to make an interesting way to enter and leave the performance space – skipping, running, walking backwards etc.



10. Play around with different speeds of movement, music and levels.

Perform & Experience-

- Sensory Awareness
- Timing
- Control- physical, mental
- Ease & Confidence
- Concentration
- Re-focusing

Evaluate-

- Previous Performance(s)
- Skater
- Coach/Choreographer
- Other Coaches/Choreographers
- Parents- time, money
- Event
- Club
- Association(s)
- Rules
- Judges
- Competitors

Refine-Style

- Gesture
- Expression
- Attitude

(Re) Work-

- Theme(s)
- Motif(s)

Select-

- Music
- Movement

Improvise-

- Body
- Space
- Force
- Time

Collect-

- Motivation
- Technique- jumps, spin:
- Speed, Power, Flow

**CHOREOGRAPHIC
PROCESS**

