‘Then & Now’ – Rebuilding Lives After the Great War

DANCE WORKSHOP No. 9 – 16 October 2018 – 9.15 – 10.15

CARLTON DIGBY SCHOOL (A specialist SEN school) – KS2 (1 hr) – 8 - 9 PUPILS

LEARNING AREA: The process of letters travelling from the frontline

**Warm up**

* Physical ‘Copy me’ exercise warm up in a circle (for heart rate) simple actions in counts if 4
* Travelling exercise (for body and spatial awareness) Ask students to move like a firework across the space from one side of the room to another using prompt words like zoom, fizz and pop
* Stretch (full body) from head to toes working down the body

**Letter improvisation and posting task**

* Pupils are given an envelope (to represent the letter) as a prop.
* They are asked to create different spaces for the letter to travel through over and around, imagining these to be containers, ships and letterboxes. (Use collected, sorted, dispatched, received and delivered as prompt words).
* Words are fed in e.g. ‘travel in car’ so the letter might move jumping up and down, ‘across the sea’ so pupils move the letter in the shape of a wave etc.
* Everyone in the group is asked to make the shape of a letterbox, staff and assistants find way to ‘post letter through dancers shape, and then swap over.

**Scarf exercise**

* Pupils are then given a scarf as a prop and asked to draw or write what they would in their letter to the frontline.
* They are encouraged to blow it up so the writings and drawings are huge.
* They are asked to make the scarves (and writing) travel around the space.

**Putting together of the sections into a dance**

Instructions are given as the pupils complete each task in their own way - going through the piece stage by stage when everyone is ready

1. Start in your own space moving like a solider (marching)
2. Scribble your letter (action of writing)
3. Folding the letter (folding different body parts)
4. Stop (action of licking and sticking the stamp on and freeze in an interesting position)
5. Posting action moving around the space
6. Across the sea (letter moves in the wave action)
7. Reading the letter (end position is opening the letter)

Repeat a few times and try with music.

**Cool down**

Stretches in circle