

Movement Phrase Creation Moving through Water

Maximum number of students: 4

Instructions:

1. **Brainstorm verbs** (5 minutes)

On the piece of chart paper posted, record as many verbs (action 'ing' words) as you can that describe how people/animals can move in water. (e.g., diving, reaching, kicking, splashing etc.)

(If another group has rotated to the centre before you, review the words they brainstormed and add any more you can)

2. **Bodystorm** (5 minutes)

Each person in the group will choose 1 verb and create one simple movement that shows the verb using their body

Think About:

- ✓ using various body parts
- ✓ making interesting shapes
- ✓ exploring slow and quick movements
- ✓ exploring light and strong movements

3. **Share/Teach** (5 minutes)

Each person will then share and teach the other group members his/her movement. If you have chosen an animal, keep in mind the physical characteristics of that particular animal (e.g. pay attention to your fingers if you are moving as a duck with webbed feet).

4. **Link movements** (5 minutes)

After each member of the group has taught everyone their movement, the group will decide on the *order* of the movements to create a phrase

As a group, think about the following:

- ✓ How you will transition from one movement to the other?
- ✓ Is there variety between the 4 movements?
- ✓ Does the dance phrase communicate ideas about how we move in water?

Movement Phrase Creation

(Variation using an art image as stimulus)

Image suggestion: *A Bigger Splash*, 1967 by David Hockney (acrylic on canvas, 96x96 in)

Maximum number of students: 3

Instructions:

1. View/Brainstorm (5 minutes)

Look at the image titled "*A Bigger Splash*" by David Hockney, and as a group, brainstorm what this painting is about

2. Bodystorm (5 minutes)

Students will create movements based on one of the following three moments inspired by the picture:

The Moments:

- *The moment right before this picture*
- *The moment of the picture*
- *The moment right after this picture*

Decide which moment each group member will represent

(Each person will bodystorm and create one simple movement based on a specific moment)

*******Things to think about*******

- ✓ using various body parts
- ✓ making interesting shapes
- ✓ exploring slow and quick movements
- ✓ exploring light and heavy movements

3. Share/Teach (5 minutes)

Each person will then share and teach the other group members his/her simple movement

4. Link movements (5 minutes)

After each member of the group has taught everyone their movement, the group will link the moments together

In the following order

- *The moment right before this picture*
- *The moment of the picture*
- *The moment right after this picture*

As a group, think about the following:

- ✓ How you will transition from one movement to the other?
- ✓ Is there variety between the 4 movements?
- ✓ Does the dance phrase tell a story (based on the image *A Bigger Splash*)