

## Performing movement sequences

<b>Topic 1: Warm up and play</b>	<b>Time: 5 minutes</b>
❖ Rhythm games using body percussion and movement	
<b>Topic 3: Read, interpret and perform</b>	<b>Time: 25 minutes</b>
❖ Movement sequences exploring contrasts including contrasts in time (slow/quick), levels (high/medium/low), direction (forwards/backwards/sideways/upwards/downwards/diagonally) and force (smooth/jerky, strong/light)	

### Resources:

- Worksheets
- CD player
- CDs



### At home:

Rehearse your part of the movement sequence.

### In class:

#### Warming up:

1. Sit in a circle in the group in which you will perform your movement sequence.
2. Start by creating the rhythm for your performance exactly as you will perform it.
3. Each group member now gets a chance to move into the middle of the circle and move as their character.
4. Each person has about 30 seconds to move before sitting down again.
5. Repeat your musical rhythm until everyone has had a chance to be in the centre of the circle.

#### Performing your movement sentences:

6. If time allows, your teacher will give you and your group time for a final rehearsal.
7. Remember not to talk while the other groups are busy performing.
8. Be ready to perform when your teacher calls out your names.
9. Move quickly onto the stage, take your places, and quietly wait for a signal from your teacher to indicate when to start. Perform your movement sequence.
10. Quietly walk back to your seats when your performance is over.

Which performance did you enjoy the most? Explain.

