

Newspaper Exploration

1. Peeping

Hold a sheet of paper/newspaper over your face

-Peep out over the top and slowly hide your face again

-Peep out to one side and slowly hide your face again

-Peep out to the other side and slowly hide your face again.

Think about what story your face is telling. Is it happy, sad, serious, or neutral?

Decide which side you will peep out from, each time making a different face with a different emotion.

2. Transforming

Your paper transforms into different objects. Here are some suggestions to get you started:

Umbrella	protect yourself from the rain, jump over the puddles
Kite	how does a kite blow on a windy day
Rocket	crouch low to floor, paper overhead and jump high to launch up
Tunnel	Place paper on floor to make tunnel to peep through
Pillow	Lie on floor with head on paper
Blanket	Open paper to make blanket
Cape	Hold paper as if it's a cape and be a superhero
Tray	Hold paper steady and balance
Wheel	Imagine it is a wheel of ship
Island	Stand on your paper

What else can you imagine the newspaper turn into?

3. Creating

Build a short sequence of movement using peeping and select four different ways the paper transforms.

Divide into performers and audience and share your newspaper dance.

Torch Exploration

1. My Light

Shine the light of the torch on your hand.

Discover what happens when you move the torch far away or very close to your hand.

Allow the light to travel up your arm and down your body to land on your toes.

2. Lighting the Room

Shine the torch away from you to light up the floor, wall and ceiling.

Play with near and far and high and low

3. Be the Explorer

Pretend to be an Explorer as you move slowly and quietly as you explore new imaginary places.

Think about exploring the spaces above you, in front of you, to the side and close to the floor.

How are you moving, quietly creeping, slow stepping, low lying and more?

4. Being in the Spotlight

Work with a family member with one person holding the torch.

The spotlight moves in different directions: up and down, side to side, wiggles, circles and changes speed moving quickly and slowly.

Your partner must move in response e.g if the spotlight is on the ground the student should crouch, if the spotlight is wiggling you should wiggle etc. Explore different pathways of moving and swap over.

5. Staying in the Spotlight

Shine the torch on the floor and your partner must move to always be in the spotlight – give the mover time to jump, step, slide, reach into the spotlight. Explore and swap over.

Movement Activities inspired by *Quartet for 15 Chairs*

Chair - Seated dances on chairs or bench

1. Gesture Dance (video 20mins 08 seconds)

Pull toffee out of your mouth with your left hand so the arm is stretched out to the top corner of the room

Grab your left hand with your right hand and pull both in to cover your mouth

Go for a swim as fingers dive down and scoop up as you raise yourself off the seat

Sit back down as hands join to reach above your head

Pretend you are holding a hammer and bounce the hammer on the floor

Bring yourself back to upright and open arms in karate style pose over your head left arm outstretched and right arm bent at elbow with hand flexed.

2. Gesture Dance Add on

Press both hands together

Lift one leg out straight

As you place your leg down lift one fist in the air in a “superman” pose

Point both index fingers down to left side, point fingers up and then down to right side (making a rainbow shape)

Make fists to roly polly hands up high over head

Stack fists on top of each other and knock together x 2 (mash potato style).

Bend your left arm and bring to your chest and hold your right arm out long, horizontal to the side.

3. Creating

Make a short phrase of gestures of your own – see video 19 min 30 sec for ideas!

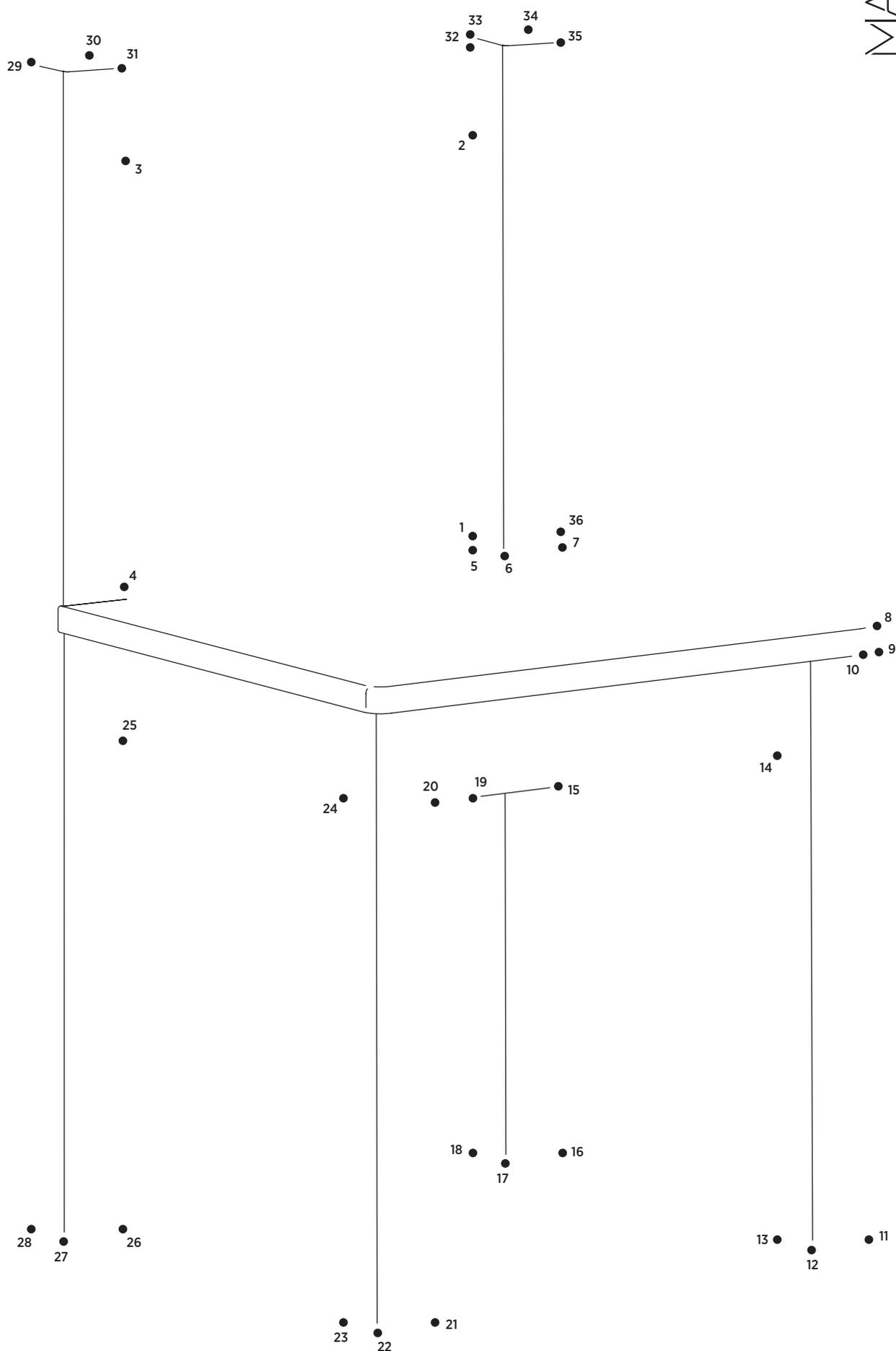
Think about one action at a time (being very specific with direction of arm/leg or other body part that is moving).

Add your own sequence to either of the suggestions above.

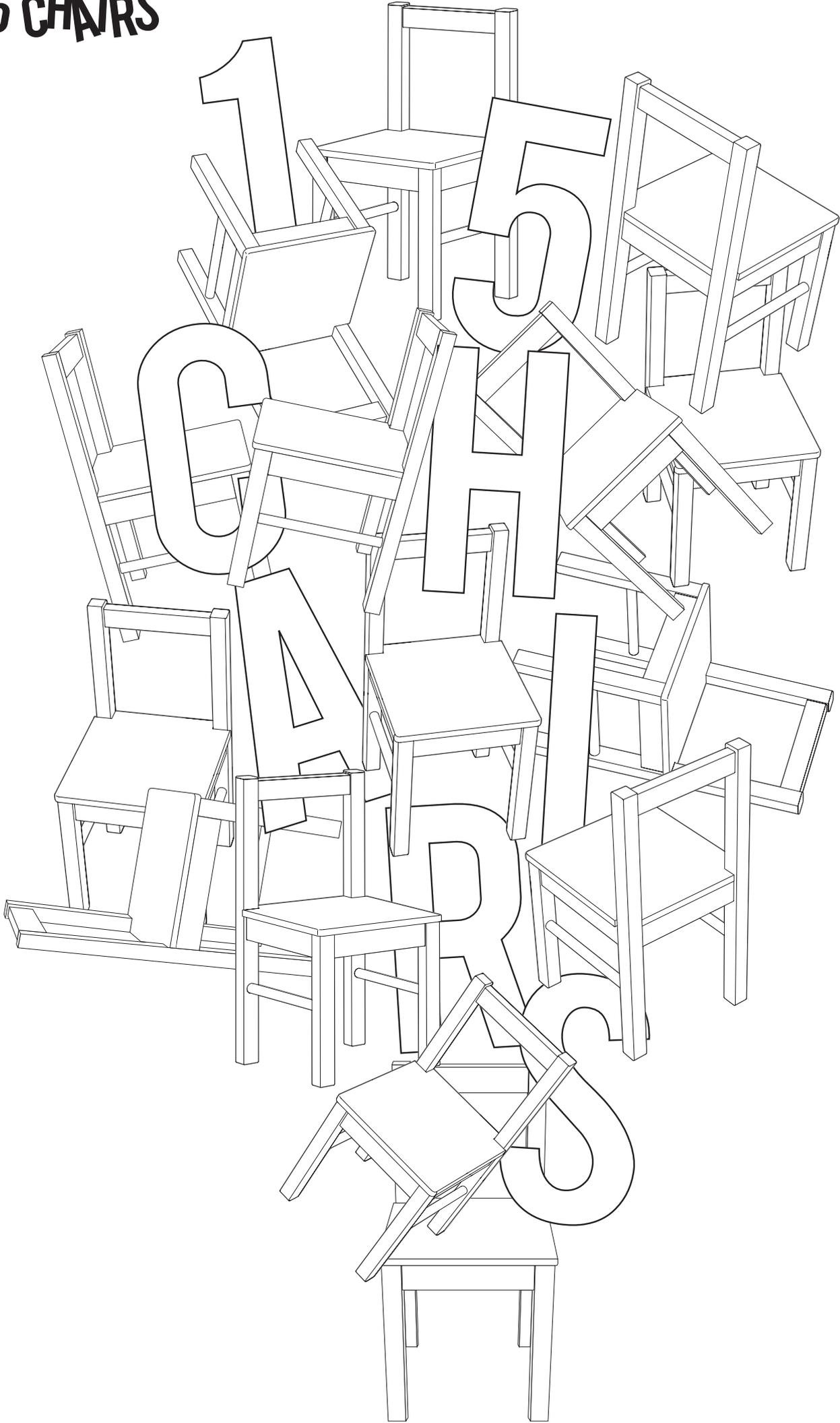
After adding together these two sequences finish it by sliding off the seat to the floor, walk around the chair and jump or step back across the chair and find a final pose to end.

QUARTET
FOR
15 CHAIRS

MAIDEN
VOYAGE
DANCE



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