

OUTER SPACE

by dance artist Sarah Greener

TASK:

Have you heard of the planet Venus?
Recently it's been shining so bright that you
can see it in the sky at night.
So, let's create some movement using
outer space as our theme:

1. Find some music that reminds you of outer space.
2. Create movements for each of the ideas below:

Gravity – can you fall, drop, move in contact with the floor?

Eclipses – can you hide, cover, move past and reappear?

Being weightless and moving in slow motion – can you float, glide and slow down?

Shooting and exploding stars – can your whole body and different parts of your body explode and shoot outwards?
3. Link the movements you have created. For example you might perform four different falling movements before gliding in slow motion, hiding and then exploding using your arms, legs and whole body. Try the dance you have made with your outer space music.

DANCE BY CHANCE

by dance artist Kit Smith

TASK:

This activity is inspired by 'dance by chance', a method created by Merce Cunningham. For this task you will need a dice, a piece of paper and a pen:

1. Write numbers 1–6 down the side of your paper.
2. Against each number write an action word, below are some examples to help you;:

Example 1: 1– jump or high shape, 2 – turn, 3 – travel or step, 4 – slide, 5 – reach, 6 – twist

Example 2: 1– spiral, 2 – jump, 3 – ripple, 4 – tilt, 5 – slide, 6 – rotate
3. Roll the dice! Do the movement that matches the number of your dice. For example, using the movements above, if you get a 2, your first movement will be a jump.
4. Think of other elements to make your movement more exciting. For example, how would you use your arms, legs or both?
5. Continue to roll the dice 5 or 6 times to determine the movements that will be in your sequence.
6. Now think of movements to determine your transitions that will glue everything together. These can include turning, sliding, twisting, rolling.
7. Now think of elements to make your sequence more exciting. For example, some movements can be strong or gentle, or you can even change directions.

CREATE AN OBSTACLE COURSE

by dance artist Vicki Busfield

TASK:

With your grown up or sibling create an obstacle course in your home or garden:

1. Find different safe spaces for your obstacle course. For example it could move from a narrow hallway, like you're going through a tunnel, out to an open space, and ending under a den of sheets and cushions.
2. Try out different ways to move through your obstacle course, such as going over, under and around each object. Change the distance between the objects so you can spin, slide, jump between objects.
3. Find ways for you and your grown up or sibling to help each other navigate through your obstacle course. Can you help each other to climb over, under, around and through the obstacle course?

USE THE FORCE!

by dance artist Vicki Busfield

TASK:

Recently it was National Star Wars Day
(May the 4th be with you!).
Using your hands, imagination and the force,
let's create an invisible object sequence:

1. Your object can be any shape or size: large or small, long or short, heavy or light.
2. Your object can be based on something real, like a ball or your favourite toy, or it can be something completely made up!
3. Once you have a picture of the object in your head, make it come to life with your hands.
4. Try to make your object move using your hands or different parts of your body. Can you make your object slide, jump, bounce, roll, pause, move quickly and freeze?
5. Now take this movement and create a short sequence by linking your ideas together.

Extra challenges:

1. Teach your invisible object sequence to your grown up or sibling.
2. Create an invisible object sequence with your grown up or sibling.