

MIX IT UP!

by dance artist Rachel Newby

TASK

We're going to bake!

Stirring:

- / Imagine stirring a spoon in a bowl and the shape and movement that creates.
- / Try creating that stirring movement using different parts of your body. Can you stir your leg, tummy, arms, head?
- / Now try stirring your grown up or sibling around and around – they can be standing up or sitting down.

Rolling:

- / Pretend to roll out some dough with an imaginary rolling pin.
- / Take your imaginary rolling pin and roll it on different parts of your body.
- / Now lie down long like a rolling pin and ask your grown up or sibling to roll you across the room.
- / Now swap over and try rolling your grown up or sibling across the room.

Snow angel biscuits:

- / Dust some imaginary icing powder on the floor.
- / Lying down in your icing powder, sweep open your arms and legs and close again.
- / Repeat the movement to create your snow angel biscuits.

Linking your dance:

- / Connect your stirring, rolling and snow angel actions together to create a baking dance.

MAKE AN OBSTACLE COURSE

by dance artists Tarika Ingram
and Amy Robinson

TASK:

Let's get moving using items around the house

1. With your grown up, make an obstacle course using items around your home. See if you can find objects of different shapes and sizes that you could move under, over, around and through.
2. Ask your grown up or sibling to create their own obstacle by making a shape with their body.
3. Try going over, under and around the obstacles (including your grown up or sibling!)
4. Think of different ways to move around obstacles, such as sliding, rolling and turning.

Time for a jumping obstacle course!

Before you start, you need to practise your different jumps:

- / Try jumping on two feet.
- / Try hopping on one foot.
- / Try hopping on the other foot.
- / Try jumping or hopping with your hands on the ground.
- / Once you've practised your different jumps, use these jumps to move around the objects in your obstacle course.

Can you set your sequence and remember the order
so you do the same jumps in order each time?

MAKING SHAPES

by dance artist Tarika Ingram

TASK:

What shapes can you make with your body?
Can you be round or pointy, big or small, long or thin?
Let's create some exciting shapes with your grown up
and your favourite toy:

1. Ask your grown up to make a shape.
2. Take your favourite toy and move it through and around the gaps in your grown up's shape.
3. Swap over!

Extra challenges:

1. Try a new shape – one that's very different from your last shape – and repeat.
2. Can you link your series of shapes weave them together into a sequence?
3. Can your shapes dance travel from one side of the room to the other?