

Movement Activities

Things to Consider

Time

Equipment/Materials

Space

Music

Participants/Numbers

Abilities/Differentiation

Ages

Audience

Student generated/Adult directed

Sandy's Circus

Create a circus

Purpose

Create a circus inspired by Sandy's Circus.

Materials

Hoops, wands, scarves, balls, stilts, jump ropes, balance boards, body socks, mats, peacock feathers, spinning plates...

Introduction

Set up centers and allow students time to explore equipment at each center. Have them rotate to a new center after a few minutes.

Review criteria list for skills.

Students practice skills to prepare for "testing".

When ready, students test.

Review act outline.

Students create and practice acts.

Students decide on a name for their act.

Discuss and create costumes and decorations.

Decide order of acts (think about equipment changes).

Decide on music.

Dress rehearsal (with parade and bows).

Performance

Resources:

Equipment

US Games 1-800-327-0484

USGames.com

Music

i-Tunes

Under the Big Top 100 years of Circus

By: The Great American Main Street Band

Musica Para Circo

By: Circus Band

RGS Records

Circus Clown Calliop/Circus Clown Calliope

By: Verne Langdon

Electric Lemon Record Co.

Circus Bandwagon

By: Sounds of the Circus South Shore Concert Band

Whitmarsh Recordings

CIRCUS SKILLS

Below are skills and equipment you may use. You must be able to perform the **first 3** skills before you will be allowed to create an act using that piece of equipment.

Stilts

balance 5 secs

10 steps frwrd

walk across gym

walk backwards 10

Juggling Scarves/Balls

juggle 1 items 10x

2 items 5x

3 items 10x

column, 4 items

Mistix

roll 10x

roll-n-toss 5x

roll,flip,catch 5x

tic-toc 10x

helicopter 5x

Yo-Yo

down/up 10x

sleep 5 secs

walk the dog

over the falls

shoot the moon

Chinese Yo-Yo

pick-up 5x

side-to-side 5x

toss-n-catch 3x

Hoop

roll/spin 5x

toss/catch 5x

hula hoop 10x

2 hoops 10x

multi hoops 10x

Balance Board

balance 10 secs

roll r/l 10x

roll-n-catch 5x

roll-n-juggle

Jump Rope

forward 10x

backward 10x

3 tricks 5x

Wands

toss r/l 10x

balance 5 sec r/l

body part
balance 5 secs

These activities may be done with or without equipment. You will need to be able to do at least 3 of the listed items to be allowed to perform an act in that category.

Tumbling

forward roll

headstand 5 sec

cartwheel

stunt w equipment

log roll

handstand 5 sec

Clowns

tumble

juggle

mime

audience interact

Pyramids

1 person balance

2 person balance

3 person balance

You are now ready to create your act. Please remember **you** are the person who will be in front of the audience, so practice hard and show them your best! Oh, yeah...

HAVE FUN!

Here are the guidelines for creating your act.

-entrance bow

-2 minutes long

-include at least 3 of practice skills

-movement across “ring” area at least 1 time

-1 audience interaction

-clear ending

-exit bow

Silent Music
Movement Activity

Students will create a short dance based on the shapes, emotion, and movements represented in Silent Music.

Materials: Copies of calligraphy from book, document projector (“elmo”), paper (18”x11” is good), markers, pencils, music

Practice Intro

Students write either an initial, first name, last name, or entire name, on paper.

Students walk the “shape” of their name or initial on the floor.

Create

Students choose letter or word from the calligraphy in Silent Music and write it on other side of the paper.

Students walk the calligraphy “shape” on the floor, creating a floor pattern.

Students discuss emotions found in book and generate list.
(connect emotions to movements eg: skipping=happy)

Students choose designated ways of traveling, levels, directions, shapes, and write them on their “map”.

Students must have starting and ending shape.

Students practice with map in hand and make changes as needed.

Students practice without map.

Students listen to music.

Students perform, at least 2 at a time, unless student chooses to perform solo.

Resources:

Teaching Children Dance

by Theresa Purcell Cone and Stephen Cone

Human Kinetics 1-800-747-4457 www.HumanKinetics.com

Music:

Raag Khamaj

By: Ali Akbar Khan

Troika Records

BUILD A DANCE

SHAPES (3)	TRAVEL(3)	LEVELS(3)	DIRECTION(2)
curly	hop	high	forward
twisted	skip	medium	backward
wide	slide	low	sideways
stretched	gallop		
narrow	run		
ball	walk		
arrow	swirl		
knotted	glide		
symmetrical	creep		
asymmetrical	crawl		

Choose the number of items indicated for each category. Circle your choices and map where they will happen in your dance. Be very specific about your plans. **Remember, you must have a starting and ending shape.**

ABE Lincoln Crosses A Creek

Movement Activity

Students will create a dance based on action words found in the book, Abe Lincoln Crosses a Creek.

Materials: White board or paper, marker, music

Create: Teacher reads book to students. The teacher re-reads the book to students and they identify movement words. A word list, or *wordle*, is generated and posted for students to see.

Students create a movement for each word on the list.

Students practice the movements to a four or eight-count beat.

Students practice each section of the dance without music.

Students practice each section of the dance with music.

Students perform entire dance.

Resources:

Music:

Rakes of Mallow

Rhythmically Moving: Disc 2, High/Scope Press (313) 485-2000

Wordle

www.wordle.net/create

KNOB CREEK REEL

Music: Rakes of Mallow (Rhythmically Moving 2)

Formation: *Two lines*, facing partner, or circle

Austins	Abes
X	O
X	O

WALK	4 in 4 out	2X
FETCH WOOD	4 in 4 out	2X
WAVE	4R 4L	2X
CLAP	4	4X
TIP TOE	4 in 4 out	2X
STOOP	4 in 4 out	2X
YEE-HAW WHOOOP-WHOOOP!		4X
SWIM	4F 4B	2X
HAUL	4	4X
PUMP H2O	4	4X
SWING PARTNER	R8 L8	1X
WALK w PARTNER	8 up 8 back	1X

