

As they apply their skills

Dragon Dance

Activity Card

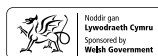


Let's dance

- 8 children in each 'garden'
- Create your own version of the 'Welsh Haka'. Discuss the 'Haka' and Welsh folk/clog dancing with the children
- In pairs, take turns to devise an action or short series of actions using any skills or movements they wish, the next pair repeats the first action and adds their own action and so on
- Show your Dragon Dance to another group, join together and choose your 'wow' actions to create a longer series of actions
- Consider composing a chant to perform with your dance



sportswales
chwaraeoncymsu



LOTTERY FUNDED
ARIENNIR GAN Y LOTERI



Dragon Dance

Key words

Gesture - movement that does not involve transference of weight, or movements that support the body. Usually used to communicate meaning

Body Awareness - stamp, punch, kick, lunge, catch, throw, hit, high, low, in front, behind, etc.

Travel - walk, run, jump, foot patterns, forwards, backwards, sideways, slow, fast, push

Accuracy, rhythm, timing, fluency

Resources

Music system, masks, streamers, etc.

Safety & Organisation

Ensure:

- non-contact
- start in pairs, then join two pairs together, then join two fours together
- zones for less ambulant or wheelchair users as appropriate

Opportunities to:

- create and perform a routine/dance in pairs/small groups that communicates ideas and emotions
- develop movement awareness
- copy, repeat and refine a longer series of actions
- work together and share ideas
- watch one another and choose favourite actions
- watch each other's performance and say what is good about it and what could be better, beginning to use key words related to their activity
- use this understanding to plan how to improve their own skills

Questions

- Where could you get ideas from?
- Which was your favourite action?
 - What did you like about it?
- How well did you work with your partner or group?
 - How could you work together more effectively?
- How did you feel as you added more actions to the routine?
- How did you remember all the actions?
- What did you want people watching you to feel? e.g. scared, intimidated, relaxed, etc.
 - Do you think they were?
 - How could you tell?
- How can you help others improve their dance?

Changes to the activity

Change the:

Space

- the space you perform in, different points of reference

Task

- actions used
- order of your moves or repeat some moves, substitute/replace one move for a new move, or miss out one of your moves, add in a new move, etc.
- speed, direction, level, energy of your moves

Equipment

- use different equipment to dance with

People

- way you do your moves, all together (unison), one after the other - Mexican wave (canon)
- way you are arranged - in a line, in a circle, facing each other, back to back, etc.

