

Dance Creation

Aim:

- For participants to develop their creative skills through choreography.

Materials:

- Dance Movement Cards (p.84)
- Dance Direction Cards (p.84)
- CD Player
- Selection of music
- Copies of the Activity Review Sheet (p.164)

Maximum Number of Young People:

- 16

Time needed:

- Up to 60 minutes

Method:

- Put participants into groups of up to 4.
- Ask them to pick 5 of the Dance Movement Cards and 1 of the Dance Direction Cards.
- Give groups time to put their ideas together and begin to choreograph their own dances, using the instructions on the cards they have picked.
- Encourage small groups to share their work with the rest of the group.
- Have a discussion on how it felt to choreograph their own piece of dance, and how easy it was to incorporate the directions on the cards.

Portfolio Evidence:

- Photos or video footage of the young person taken during the session
- Completed Activity Review Sheet

Taking this activity further:

When participants have worked together in their smaller groups, they may want to work together as a large group collaboratively on a dance piece that incorporates the choreography of the smaller groups. Encourage them to consider a piece of music they would like to dance to, and suggest that they work as a larger team to put something together.

Transferable Skills:

Through this activity, participants will develop their creativity, team building and expressive skills.

Linking to the Youth Work Curriculum:

This activity explores fitness (Health and Wellbeing), performing arts (Creativity and Challenge) and working in groups (Personal and Social Development).

Dance Creation cards

Dance Movement Cards

Walk	Crawl	Move	Hold a pose
Skip	Lie	Touch	Listen
Hop	Sit	Open	Balance
Jump	Kneel	Close	Curl
Bounce	Stand	Step	Slide
Leap	Stop	Gesture	Creep
Flop	Clap	Drop	Spin
Crumple	Bang	March	Pounce
Float	Throw	Fall	Turn
Stretch	Kick	Roll	Twist
Shake	Stagger	Bend	Swing
Run	Rush	Reach	Explode
Stamp	Stride	Click fingers	Dodge

Dance Direction Cards

Forwards	Backwards	Turning	Sideways
Upwards	Downwards	Weaving	Diagonally
Curved	Angular	Circular	Zig zag