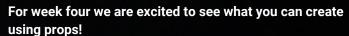
# THE DEN WEEK#FOUR

### ALL BOYS DANCE | ONLINE

WELCOME to your forth A.B.D challenge.

**BIG and SMALL** 



Props are objects that dancers manipulate or use to enhance their dance.

(To be supervised by an adult).

- #1 Warm Up 5/10min. Jogging, skipping, small jumps anything that gets the body temperature and heart rate up.
- Loosey-Goosey 5/10min, explore gently all joints and spine, paying particular attention to Ankles, Knees, Hips, Wrists and Shoulders. Play with big and small circler movements in these areas along with wiggles, shakes and soft flicks.
- #2 Find a BIG or Small Prop (Look at Suggestions).
- #3 Starting small and steady begin to explore how you can move with the prop. You can even use some of your ideas from last weeks Over, Under and Around. Look at what your chosen prop can offer?.. eg a ball it can bounce, roll and be caught. You may wish to mirror these actions in your movement, whilst move with , on or around the ball?
- Once you have had a play, see if you can set your ideas into a short solo
- **#5** If you have used a small prop now repeat the process with a big prop.
- #6 Set , add music, film and share!



# **SUGGESTIONS:**

PROP'S - Think about objects that are easy to access and use for starters such; a ball, a towel, a pillow, a chair, a water bottle, an umbrella..but be sure to pick sensibly, nothing sharp, heavy or can do damaging to you and your environment... be safe!

TRANSITIONS - Explore actions that can be used to help you move from one move to the next: ROLL, JUMP, SLIDE, BALANCE, HOP, FALL.

- These actions maybe influenced by your prop or how you use the prop. To find out what some of these maybe, you can make lists that describes: what the prob **looks** like, what the prop is **made** out of and how it is **used**. These answers could then feed into your movement.
- **EXTRALLAYERS** You could do the opposite to the lists, giving you a more abstract (different) way of seeing and using the prop.
- Try different props to see find one that works best for you.
- Look at the dance with and with out the prop, see what changes. You could even dance half with the prop, then half with out.
- **HOW** Explore how are you doing **ALL** your moves, are they: **FAST**, **SLOW**, **BIG**, **SMALL**, **SHARP**, **SOFT**, **HEAVY OR LIGHT?** Maybe you can play around with these and see how they change your movement?
- MUSIC Dance your new solo to some music you already know. Then have a play with new music. The new music may even make you move in a new and exciting way?



# **LINKS / UPLOADS**

If you want to share any of your film clips or pictures with us (and happy for us to use them on social media) you can email: **Getcreative@hallforcornwall.org.uk** or search for the A.B.D. Facebook page **A.B.D. All Boys Dance** and upload your own things there. Please note by uploading or sending images and film you give permission for them to be on social media.

# **OTHER INTERESTS**

#### Home is where the he(art) is...

a selection of interactive and engaging things... Find out more at <a href="https://www.hallforcornwall.co.uk">www.hallforcornwall.co.uk</a> or follow Hall For Cornwall on all social media.

