

ACTIVATE

L3-4 ELECTRIC EEL



Stand or sit in 1 or 2 lines, one behind the other. Teacher names a body part and the student at the top-of-the-line, performs movement with that part. The movement passes onto the next person until it reaches the end of the line. The end person then runs to the front of the line and starts again using a new part-movement. Repeat until everyone has had a go.

When standing behind one another moves can be obscured. Make sure they're easy to see.

L3-4 FABULOUS FORMATIONS



In 2 groups, students make the following formations quickly and precisely.

- A circle within a circle. Travel it - one circle moves clockwise and the other, anticlockwise.
- Figure 8. Travel it in one direction, students following each other.
- 2 straight lines, facing and approaching each other, pass left shoulder to left shoulder.
- Walk into a V-formation, an M-shape, a T-shape, a cross.

CHALLENGE: do it without discussion. Make up your own.

L3-4 MARVELLOUS MACHINES



In pairs create a simple machine: i.e. gear, wheel- axle, lever, chain or belt, button. The movement must be simple and easy to repeat. Practice this.

Now make the complex machine. One-by-one, pairs move into the performance space and perform their action, repeating it as more simple machines enter the space and the size and complexity of the machine increases. Each simple machine must connect to another simple machine (like clockwork).

RULE: when entering the space, normal walking is not allowed.

CHALLENGE 1: travel the complex machine.

CHALLENGE 2: disassemble the machine, a part at a time.

L3-4 PENCIL



Pairs face each other. They each hold a small pencil or rod on the tip of their pointer finger. This is the thread of continuous connection between them.

Explore leader and follower roles. What actions can you do? Try different levels. Make the movement very small and detailed. Make it enormous. Make it close to your body and far away. Try it with eyes closed.

CHALLENGE 1: create a clear intention i.e., making a massive mural, or exploring a coral reef at night.

CHALLENGE 2: Try different objects and see how they affect the quality of movement.