# working in partnership with Youth Sport Trust

# TOP Dance: Let's dance... Places and Time... Cultural

Topic, theme or idea

Africa

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# Develop movement vocabulary and motifs

Tap out rhythm of name, birthday, favourite meal, pop group, improvised words on floor, different part of the body, clapping, clicking fingers, stamping. Repeat and change the emphasis of the rhythms.

Practise the bent knee and bent hip stance features of African dance, explore different S and C body shapes in time to the own chant rhythm/beat led by teacher.

Explore different step patterns – steps, strides, hops and jumps, keeping relaxed, heavy stance-changing directions and adding sympathetic arm gestures. Use video clips and pictures to prompt and stimulate ideas. Decide and practice and repeat an African style step pattern/motif.

Explore ideas of sinking and energetic, exuberant jumps into the air – focus on body shape and changing of direction.

### Create an African movement phrase

Include tapping and beating rhythms, gestures and body shapes, step patterns and exuberant jumps.

#### Stimuli

Music clips of African music

Video clips – African Gum Boot dance Professional artist workshop

Vibrant pictures of African dancers

#### Word bank

energetice drums

C'bodyshape theavy
S'bodyshape to stomping to st

Select a focus
Rhythmic chants

Choose movement words

Stomping, clapping, jumping,
C and S body shapes, heavy energetic

## Developing the movement phase into a dance using STEP

- S Perform motifs facing different directions and use explosive jump to change direction.
- T Change the rhythm but keep motifs and movement phrases the same.
- Use percussion instruments to beat out the different rhythms.
- When working in pairs experiment with follow my leader, either mirror, side by side.



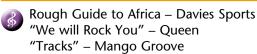




# TOP Dance: Let's dance... Cultural... Africa

| Skills      |                      | <b>Example</b>  |
|-------------|----------------------|---|
| Thinking Me |                      |   |
| Explore     | Research             | What different ways have you found to create rhythmic sounds? How will you use them in your dance?  |
| Compose     | Consider             | Why would considering other people's ideas help you?  |
| Perform     | Review               | What dance elements need to be used to create the weight quality necessary for this style of dance? |
| Social Me   |                      |   |
| Explore     | Support              | How can you support your partner if they are finding some actions or movements difficult?           |
| Compose     | Involve              | Why is it important to include everyone in discussions when choreographing a dance for everyone?    |
| Perform     | Appreciate           | How do you congratulate each other? What result do you think it had?                                |
| Healthy Me  |                      |   |
| Explore     | Understand intensity | How can you measure the intensity of this style of dancing?   |
| Compose     | Design a warm-up     | What pulse-raising activities would you include in a warm-up?                                       |
| Perform     | Perseverance         | Why is it important to keep trying to improve your performance?                                     |
| Physical Me |                      |   |
| Explore     | Develop stamina      | Why is a good level of stamina necessary for this style of dance?                                   |
| Compose     | Develop strength     | How can you use your body to demonstrate heavy movements?   |
| Perform     | Maintain balance     | How can you ensure you are in control when you are performing?                                      |

#### Resources



- http://www.chidi.com/poetrypage.htm various African poems
- The band 'Stomp' use lots of steps patterns and rhythms in their work.
- http://www.youtube.com/watch?v=iSgFAG0mtac GumBoot Dancers in Cape Town http://www.ehow.com/about\_6720500\_children\_s-african-music.html Children's facts on African music

 $http: www.youtube.com/watch? v=aQTSjW\_Lfc8 feature + related\_UMOTA musical-music+ dance clips$ 

#### Learning connections

#### **Sporting chants**

By players, the haka and spectators American army marching Skipping rhymes Nursery rhymes

Religious/spiritual/rituals – Mantras and chants YST\_MAT\_TOPD\_01 © Youth Sport Trust 2011

