

# ONLINE PORTAL

## CREATIVE TASK 10

### PROP DANCE

Items needed for this task:

- A Prop

### Step one – Finding your Prop

Search your house and look for a prop that you would like to dance with. This could be anything you like but make sure that this item is not precious, likely to break or easily damaged. Below are a list of items that we recommend using:

- Wooden Spoon
- Soft Toy
- Reusable Cup
- Tennis Ball (Or any other ball)
- Hoop
- Pillow
- Hat

Please ask permission to use your chosen prop before you start dancing.

### Step Two – Find somewhere to dance

The next thing you need to do is decide on a place to dance. This could be on your bed, in the garden, in your living room or even on the sofa. Make sure the place you choose is safe for performing movement.

If you are working outside, for example, in your garden, please be aware that your prop might be dirty. Check your space for any hazards before you start dancing.

### Step Three - Creating Still Images

With your prop, play around with what shapes you can create and the movement possibilities. If you're struggling, ask yourself questions such as:

- Can my prop do .....
- What happens if I do this to my prop.....
- Would I be able to do this .....

Once you have had a play, come up with 4 interesting still images including your prop using the following instructions:

- One still image with your prop above you
- One still image with you prop below you
- One still image with the prop to your left
- One still image with the prop to your right

Try to be creative and come up with some interesting shapes. You can choose whether you want to be holding your prop or not. Make sure that the shapes you make with your body and your prop are still and able to be held.

## Step Four - Linking Shapes Together

Now it's time to link each shape together with movement. To create our movement, we are going to use the following three words:

- Between
- Over
- Around

Before we start setting anything, again, have a play with what movement can be created using these 4 words:

- Can my prop be passed **between** by legs?
- Can my prop be thrown **over** my head?
- Can my prop be moved **around** my waist?

Once you have explored these options, it is now time to link your 4 still images together using one of the words above.

*For example:*

*I will link Image 1 to Image 2 by passing my prop **between** my legs*

*I will link Image 2 to Image 3 by moving my prop **over** my head*

*I will link Image 3 to Image 4 by moving my prop **around** my waist*

Once you have created your sequence, repeat it until you can remember it from start to finish.

## Step Five - Add your own creativity (optional)

Now that you have your sequence, it is now time for you to add your own creative flair to it.

Add in your favourite moves to spice it up. Think about making the phrase flow, creating one long piece of movement. Slow down and speed up different sections of movement to add variety to the phrase.

If you would like to add more, feel free to repeat the process above to create a longer phrase.

## Step Six – Perform and Share

Once you think it's ready, perform and share it to someone in your house. You can even ask them to record it and send it over to us at Ascension Dance, we would love to see what you come up with!

