



# KaziBantu



*Healthy Schools for Healthy Communities*

## **GRADE 7**

# **KAZIKIDZ TEACHING MATERIAL**

## AUTHOR TEAM OF THE *KAZIKIDZ* TEACHING MATERIAL

### Project management

- Prof. Dr. Uwe Pühse, Principal Investigator, University of Basel, Switzerland
  - Prof. Dr. Cheryl Walter, Principal Investigator, Nelson Mandela University, Port Elizabeth, South Africa
  - Prof. Dr. Jürg Utzinger, Director of the Swiss Tropical and Public Health Institute, Basel, Switzerland
  - Prof. Dr. Markus Gerber, University of Basel, Switzerland
  - Dr. des. Ivan Müller, Project Coordinator, University of Basel, Switzerland
  - Stefanie Gall, PhD student, University of Basel, Switzerland
- 

### Physical Education - Swiss and South African experts and advisors

- Melanie Glover, University of Basel, Switzerland
  - Roman Aebischer, University of Basel, Switzerland
  - Danielle Smith, Nelson Mandela University, Port Elizabeth, South Africa
  - Siphesihle Nqweniso, Nelson Mandela University, Port Elizabeth, South Africa
  - Larissa Adams, Nelson Mandela University, Port Elizabeth, South Africa
  - Nandi Joubert, Nelson Mandela University, Port Elizabeth, South Africa
  - Drusilla Deysel, Eastern Cape Department of Sport, Recreation, Arts and Culture (DSRAC), South Africa
  - Heather Gibbon, primary school physical education teacher, Port Elizabeth, South Africa
  - Margie Botha, primary school teacher, Port Elizabeth, South Africa
  - Prof. Dr. Rosa du Randt, Nelson Mandela University, Port Elizabeth, South Africa
  - Prof. Dr. Darelle van Greunen, Nelson Mandela University, Port Elizabeth, South Africa
  - Dr. Christian Herrmann, University of Basel, Switzerland
  - Dr. Harald Seelig, University of Basel, Switzerland
  - Marina Wälti, University of Basel, Switzerland
- 

### Moving-to-Music - Swiss and South African experts and advisors

- Chantal Brügger, University of Basel, Switzerland
  - Lize van der Walt, University of Basel, Switzerland
  - Dr. Marelize Marx, Nelson Mandela University, Port Elizabeth, South Africa
  - Beatrice Goetz, dance expert and lecturer, University of Basel, Switzerland
  - Gareth Williams, music producer, Nelson Mandela University, Port Elizabeth, South Africa
  - Christine Joubert, music therapist, Nelson Mandela University, Port Elizabeth, South Africa
  - Nicki-Ann Rayepen, choreographer, Port Elizabeth, South Africa
- 

### Health, Hygiene and Nutrition - Swiss and South African experts and advisors

- Nicola Hausner, University of Basel, Switzerland
  - Tracey Marais, Nelson Mandela University, Port Elizabeth, South Africa
  - Dorelle Isaacs, Department of Education, Port Elizabeth, South Africa
  - Dr. Peter Steinmann, public health specialist, Swiss Tropical and Public Health Institute, Basel, Switzerland
  - Dr. Bruce Damons, Nelson Mandela University, Port Elizabeth, South Africa
  - Prof. Dr. Annelie Gresse, Nelson Mandela University, Port Elizabeth, South Africa
- 

### Illustrations and design

- James Scholtz, director of Rooftop, Port Elizabeth, South Africa
- Kathryn Smith, project manager, Rooftop, Port Elizabeth, South Africa
- Sarah Jane Collins, Rooftop, Port Elizabeth, South Africa

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Novartis Foundation, Basel, Switzerland: Dr. Ann Aerts, Head of the Novartis Foundation, in collaboration with Christina Wadhwani (Head Incubator Models in Public Health) and Zaahira Gani (Project Manager)

**Address**

Novartis Foundation  
Novartis Campus  
Forum 1-3.97  
4002 Basel  
Switzerland  
Phone: +41 61 696 23 00  
info@novartisfoundation.org

**Media**

For media inquiries, please contact Nikolaus Guntrum  
Phone: +41 61 696 57 62  
nikolaus.guntrum@novartis.com

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**NELSON MANDELA**  
UNIVERSITY

 **University  
of Basel**

**Swiss TPH**   
Swiss Tropical and Public Health Institute  
Associated Institute of the University of Basel

**DSBG**   
**UNIVERSITY OF BASEL**  
Department of Sport, Exercise and Health

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**LESSON PLANS FOR**

***Grade***

**7**



***Health & Hygiene  
and Nutrition***



***Physical  
Education***



***Moving to  
Music***



**KaziKidz**

Teaching Material for Schoolchildren



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## KAZIKIDZ INSTRUCTIONS FOR MOVING TO MUSIC CONTENT PILLAR

The *KaziKidz* toolkit is a holistic educational and instructional tool for primary school teachers and arose from the project *KaziBantu*. *Kazi* means “active” and *Bantu* means “people” in Swahili, one of the national languages of South Africa. The lessons have been designed in conjunction with South Africa’s Curriculum and Assessment Policy Statement (CAPS). Ready-to-use assessments can be found at the end of each section which may be integrated into formal assessments of learner performance and can supplement the school academic curricula. The aim is to lead learners through content, games and activities, and conducted in a joyful manner that encourages and promotes a healthy lifestyle throughout childhood into adolescence. By using *KaziKidz* you will be contributing to the wellbeing and health of your learners.

The “Moving-to-music” lessons are designed to support teachers to develop personal, physical and psychological skills through dance and movement experiences. With the ready-made lessons, teachers are empowered to teach dance and conduct dance lessons in a school setting. Each lesson has direct instructions that can be read or translated directly to the learners. Teachers do not require any prior knowledge or training in dance. Where teachers are absent, community members or learners will be able to read these instructions and facilitate a meaningful dance experience.

The duration of each lesson is 40 minutes and is split into three parts. In the introduction of each lesson you will find what accompaniment you require for the execution of the dancing lesson. You can choose between using a drummer (you can drum yourself, ask a community member or ask a different learner to drum for each lesson), choose or play your own songs, or download the specific music that accompanies this toolkit. You can also choose to do the activities without any accompaniment. There will always be different options to include music, rhythm or movement without music for each lesson. Each lesson starts with a warm-up and/or cardio activity. The warm-up aims at limbering up joints and muscles before interacting in jumping, spins and dancing movements. Furthermore, the goal is to increase the heart rate and fitness by playful games. The warm-up is followed by an introduction to the specific lesson focus.



The main section contains exploring new movements or concepts, musical songs and creative individual and group activities. The action-song-lessons contain instructions to facilitate the basic steps in the form of a song. Creative-dance-lessons focus on each learner's own way of moving, as learners are encouraged to explore new ways of moving through specific prompts and creative collaborative work. Both types of lessons include activities that among other things teach expressive and explorative movement, interpretation of rhythm and music, improvisation and body awareness. Learners are able to explore the elements of movement such as space, direction, rhythms and sensory awareness. Each lesson closes with a cool-down section in order to calm the learners and prepare them for further school work. The cool-down can maintain presentations of creative group activities, stretching and relaxation of body and mind.

**Now, we wish you a lot of fun with the implementation of the *KaziKidz* teaching material and many great experiences with your schoolchildren.**

# OVERVIEW OF THE KAZIKIDZ MOVING TO MUSIC CONTENT PILLAR AND ASSESSMENT STRUCTURE

## GRADES

## SCHOOL LEVELS



### *Foundation Phase*



### *Intermediate Phase*



### *Senior Phase*

**Lessons: 32  
Assessment: 1**

**Lessons: 32  
Assessment: 1**

**Lessons: 32  
Assessment: 1**

**Lessons: 32  
Assessment: 1**

**Lessons: 32  
Assessment: 1**

**Lessons: 32  
Assessment: 1**

**Lessons: 32  
Assessment: 1**

# MOVING TO MUSIC



**KaziKidz**

Teaching Material for Schoolchildren



# Lesson tracker

Moving to Music - Grade 7



This overview table should facilitate the tracking of the lessons and assessments.

Component	Term	Lesson Number	Lesson Content	Date
Moving to Music	Term 1	Lesson 1	Musicality and movement repertoire	
		Lesson 2	Formations and isolations	
		Lesson 3	Formations and shapes	
		Lesson 4	Quality of movement and force	
		Lesson 5	Isolations and movement repertoire	
		Lesson 6	Levels of formations	
		Lesson 7	Rhythms	
		Lesson 8	Force	
		Assessment: Moving to Music		
	Term 2	Lesson 9	Variation of movement quality	
		Lesson 10	Isolations and movement repertoire	
		Lesson 11	Space and imagination	
		Lesson 12	Dances from around the world - India	
		Lesson 13	Cultural dance	
		Lesson 14	Moving to music	
		Lesson 15	Dances from around the world - Russia	
		Lesson 16	Dances from around the world - Fusion	
		Assessment: Moving to Music		
	Term 3	Lesson 17	Musicality and movement repertoire	
		Lesson 18	Formations and isolations	
		Lesson 19	Formations and shapes	
		Lesson 20	Quality of movement and force	
		Lesson 21	Isolations and movement repertoire	
		Lesson 22	Levels of formations	
		Lesson 23	Rhythms	
		Lesson 24	Force	
		Assessment: Moving to Music		
	Term 4	Lesson 25	Variation of movement quality	
		Lesson 26	Isolations and movement repertoire	
		Lesson 27	Space and imagination	
		Lesson 28	Dances from around the world - India	
		Lesson 29	Cultural dance	
		Lesson 30	Moving to music	
		Lesson 31	Dances from around the world - Russia	
		Lesson 32	Dances from around the world - Fusion	
		Assessment: Moving to Music		



# Musicality and movement repertoire

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Run to the music

Introduction  
Time: ~ 5 min

### How to play

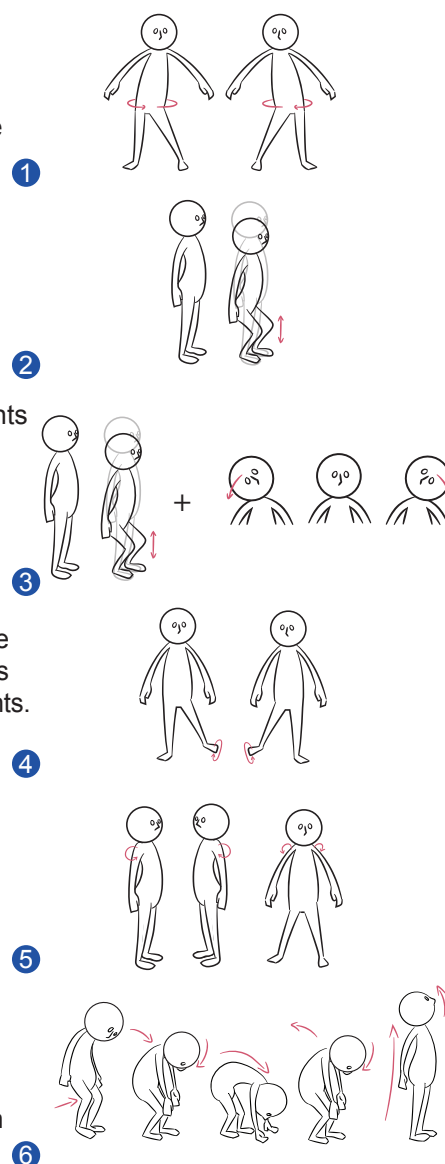
1. As teacher, prepare at least 5 songs in different styles and with different speeds (tempo) for the learners to play/sing.
2. Instruct learners: "Dance around the movement space."
3. "Change your movements according to the speed, rhythm and style of the song." (For example, a slow song will have slow big movements).

## Mobilisation and isolations

Main part  
Time: ~ 5 min

### How to move

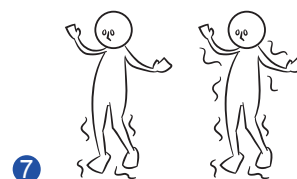
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend over your toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.



## Mobilisation and isolations

Continued

- d. Slowly reverse and roll back up again.
  - i. Bend your knees.
  - ii. Keep your head tucked in.
  - iii. Last thing to come up is your head.
  - iv. Lengthen your spine to the ceiling, shoulders down.
- e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



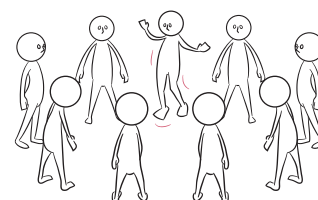
## Favourite moves circle

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

1. Make a circle. Play your music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Learners must copy the movement.
6. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.
7. After the above activity, instruct each learner: "Choose your 2 favourite movements from today's circle."



## Creative group activity: Favourite moves partner combination 1

Main part  
Time: ~ 5 min

### How to play

1. "Find a partner!"
2. "Teach your 2 favourite movements to your partner."
3. "Add your 4 movements together to make a dance. Let the movements flow from one movement into the next."
4. Give learners 5 minutes to prepare.

## Creative group activity: Follow-up

Main part  
Time: ~ 10 min

### How to play

1. Instruct the same pairs from the above activity: "Join with another group. Now you have four people."
2. "Teach your 4 movement dance to the rest of your group."
3. "Give the other partners a turn to teach their four movements to you." Both pairs need to learn and practice the other partner combination.
4. "Combine your movements together to make a dance that contains at least 8 different movements."
5. Give learners 10 minutes to practice.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.





# Formations and isolations

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

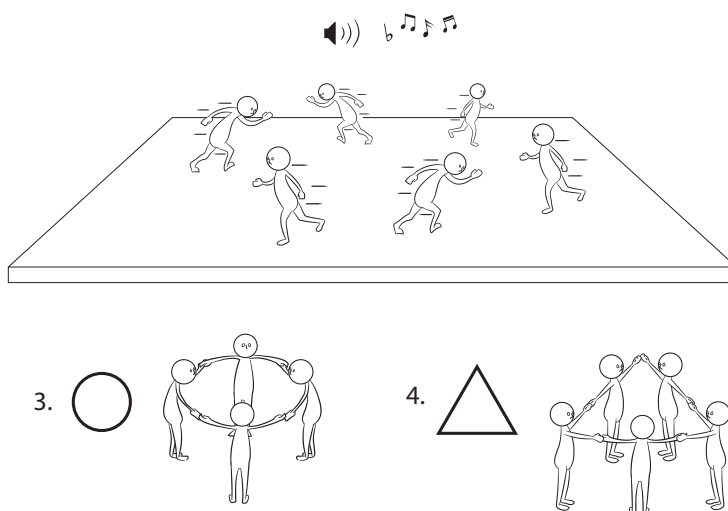
## Group formations

Introduction  
Time: ~ 10 min

**Accompaniment:** Play music/drums.

### How to play

1. "Make groups of 10."
2. Play music/drums: "Run around to the music."  
(Move across entire movement area).
3. Stop music/drums: "Build a circle in your group."
4. Play music/drums: "Dance around the room."
5. Stop music/drums: "Build a triangle in your group."
6. Play music /drums: "Dance around the room."
7. Stop music/drums: "Stand in a line."
8. Play music/drums: "Dance around the room."
9. Stop music/drums: "Build a square in your group."
10. Play music/drums: "Dance around the room."
11. Stop music/drums: "Build a bunch of people."
12. Play music/drums: "Dance around the room."
13. Stop music/drums: "Build a cross in your group."
14. Repeat instructions 3 times.

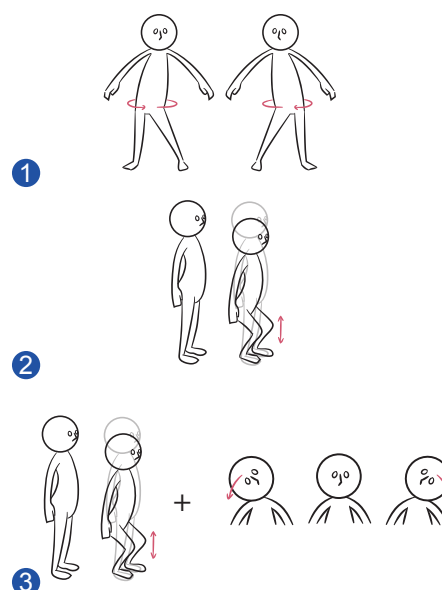


## Mobilisation and isolations

Main part  
Time: ~ 5 min

### How to play

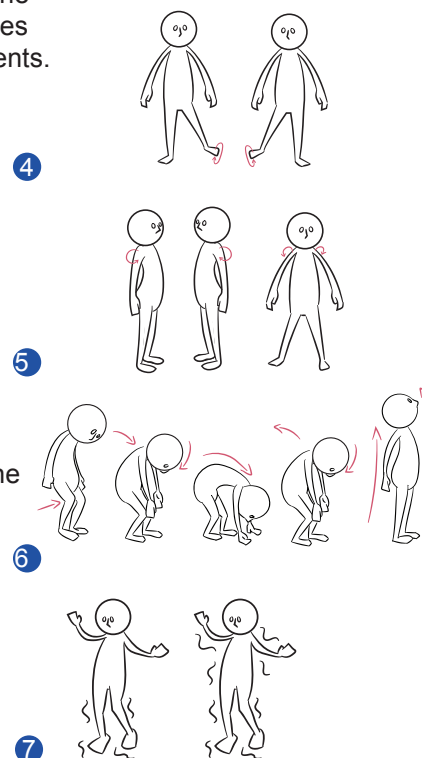
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2. Knee bounces
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  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
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3. Neck movements:
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    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.



## Mobilisation and isolations

Continued

4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend behind toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - d. Slowly reverse and roll back up again.
    - i. Bend your knees.
    - ii. Keep your head tucked in.
    - iii. Last thing to come up is your head.
    - iv. Lengthen your spine to the ceiling, shoulders down.
  - e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.

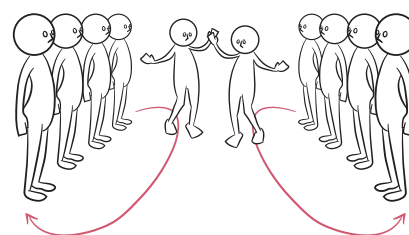


## Soul train

Main part  
Time: ~ 5 min

### How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



## Creative group activity

Main part  
Time: ~ 10 min

### How to play

1. "Make groups of 5."
2. Instruct learners: "Create a dance that has a circle, a line and a triangle."
3. "Remember to choose different movements for each time you change position to ensure continuous flow of movement."
4. Give learners 10 minutes to practise.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.



# Formations and shapes

Moving to music: Senior phase

## Accompaniment

- Play any song of your choice.

## Intro ritual

Introduction  
Time: ~ 5 min

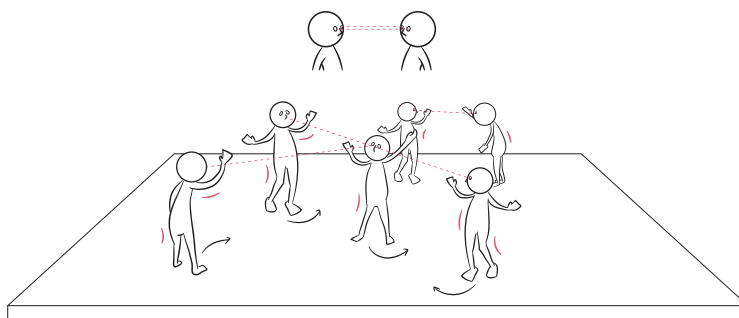
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Don't lose eye contact

Introduction  
Time: ~ 5 min

### How to play

1. "Find a partner."
2. "Move freely around the movement area, keeping eye contact with your partner."
3. "Start moving slowly, keep eye contact, do not crash."
4. "Make different movements as you move around. Can you hold a position and maintain eye contact? Can you turn or make rotations and maintain eye contact?"
5. "After 2 minutes change partners."



## Group shapes

Main part  
Time: ~ 5 min

### How to play

1. Place learners into groups of 6.
2. "In your group, find three ways to make a circle."
3. "In your group, find three ways to make a triangle."
4. "In your group, find three ways to make a rectangle"

## Formation game

Main part  
Time: ~ 10 min

### How to play

1. "Today we are making shapes with the entire class."
2. "I will say the name of the shape, and you will have 30 seconds to make the shape with the entire class". After they have made the shape, let them dance around again.
3. "Dance around the movement area."
4. As teacher you can use these shapes:
  - Circle.
  - Line.
  - Square.
  - Egg shape.
  - Heart shape.
  - Diamond shape.
  - Pyramid."

## Formation game

Continued

5. For the next round of the game, add a body part to your instructions:
  - “Form a line with your arms.”
  - “Make a diamond with your legs.”
  - “Make a square with your feet.”
  - “Make a circle with your fingers.”
  - “Make a zigzag with your whole body.”
6. “For the next round of the game I will add a number.”
  - “Groups of 3, pyramid with your whole bodies.”
  - “Groups of 4, triangle with your legs.”
  - “Groups of 5, circle with your feet.”
  - “Groups of 6, square with your arms.”
  - “Groups of 7, diamond with your feet.”

## Creative movement activity

Main part  
Time: ~ 10 min

### How to play

1. Place your learners into groups of 5.
2. “Design a dance where you have 3 formations and an ending. You must have a total of 7 movements.”
  - “One movement in your first formation.”
  - “One movement to change formation.”
  - “One movement in your second formation.”
  - “One movement to change formation.”
  - “One movement in your third formation.”
  - “One movement to change formation.”
  - “An ending position.”
3. “You have 5 minutes to practise.” Provide learners with approximately 15 minutes to practise their dance.
4. “It is show time. Sit where you are”
5. Instruct each group to show its dance to the class.

## Outro

Cool down  
Time: ~ 5 min

### How to stretch

1. “On your own, stride through the room at your own speed.”
2. “Do not make any contact with anyone. Feel your muscles used for walking tensing up and feel your arms moving to the rhythm of your own walking. Walk for a while concentrating on yourself only.”
3. “Walk slower.”
4. “Walk even slower.”
5. “Walk even slower.”
6. “Walk even slower until you eventually stop.”
7. “Breathe in for 4 counts, breath out for 4 counts. Breathe in and out 3 times.”



# Quality of movement and force

Moving to music: Senior phase

## Accompaniment

- Play any song of your choice.

## Intro ritual

Introduction  
Time: ~ 5 min

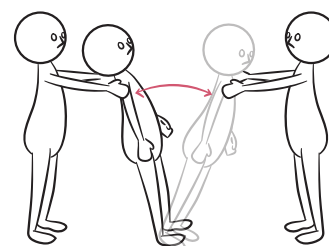
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Duo trust

Introduction  
Time: ~ 5 min

### How to play

1. "Stand in groups of three."
2. "Choose a middle person."
3. "Two learners face each other, and the middle person stands in between them."
4. "The middle person tenses up his/her body like a plank, very stiff. Every muscle must be held tight and you stay on one spot."
5. "The other two learners must gently move the middle person back and forth. Slowly. Catch or hold the learner by the shoulders. Middle person, stay stiff. Do not bend at your hips."
6. "Change the middle person until everyone has had a turn in the middle."

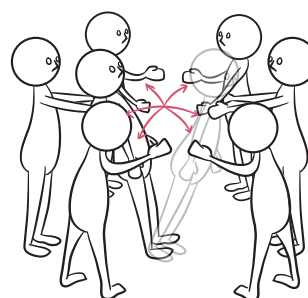


## Group trust

Introduction  
Time: ~ 5 min

### How to play

1. "Join another group so that you have 6 people in your group."
2. "Choose a middle person."
3. "Build a very tight circle around the middle person. Remember to stand very stiff."
4. Gently push and catch the middle person."
5. After 1 minute: "Change the middle person until each person has had a chance to be in the middle."



## Elements of nature

Main part  
Time: ~ 20 min

### How to play

1. "Let us try out some movements with different intensities. First make strong and forceful movements, then make gentle and soft movements."
2. "Let us see if you can do both intensities with the following body parts":
  - "Fingers, move them forcefully. Now, move them gently."
  - "Arms, move them forcefully. Now, move them gently."
  - "Legs, move them forcefully. Now, move them gently."
  - "Feet, move them strong forcefully. Now, move them gently."
  - "Upper body, move it forcefully. Now, move it gently."
  - "Lower body, move it forcefully. Now, move it gently."
  - "Whole body, move it forcefully. Now, move it gently."
3. Place the learners in group of 5

## Elements of nature

Continued

4. "Think of the elements:
  - Earth.
  - Fire.
  - Water.
  - Wind."
5. "How would you move to each element?
  - i.e. Fire moves fast and with a lot of force; wind can be soft and gentle or strong a stormy."
6. "Choose 2 elements as a theme (i.e. fire, and water)."
7. "Design a dance that depicts these elements. Use different body parts at different intensities (i.e. gentle and strong movements). You need a total of 8 movements for your dance."
8. "You have 5 minutes!" Give the learners approximately 15 minutes to practise their dance.  
It is show time.
9. "Show your dance to the rest of the class."
10. "Go back into your groups and change the details that did not work or that you did not like and swap them with other movements."

## Outro

Cool down  
Time: ~ 5 min

### How to stretch

1. "Place your left hand onto your right shoulder. Swing your right arm forward and back. Feel how your joint moves and the tendons work together."
2. "Now, massage your right arm starting from the shoulder going to the fingers. Slowly knead it, feeling your muscles and bones."
3. "Change arms. Place your right hand onto your left shoulder. Swing your left arm forward and back. Massage the left arm all the way to your fingers."
4. "Breathe in for 4 counts, breathe out for 4 counts. Breathe in for 4, breathe out for 4. Breathe in for 4, breathe out for 4."



# Isolations and movement repertoire

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.

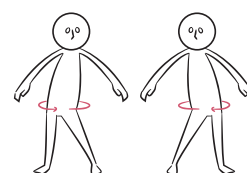
- Play any pace and rhythm of your choice.

## Mobilisation and isolations

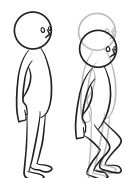
Introduction  
Time: ~ 10 min

### How to move

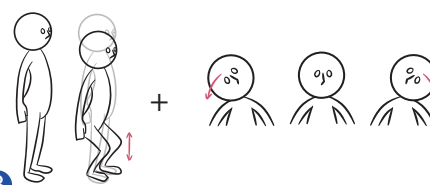
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend over your toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - d. Slowly reverse and roll back up again.
    - i. Bend your knees.
    - ii. Keep your head tucked in.
    - iii. Last thing to come up is your head.
    - iv. Lengthen your spine to the ceiling, shoulders down.
  - e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



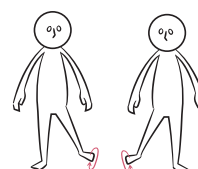
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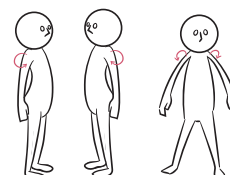
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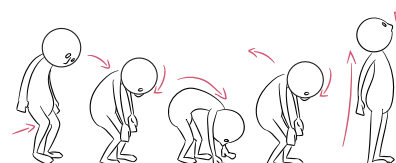
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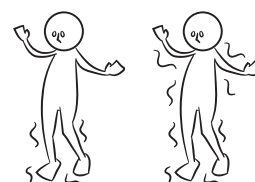
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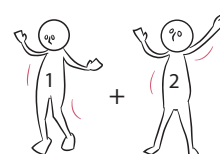
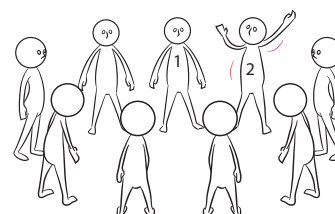
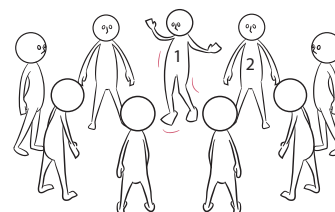
# Favourite moves dance sequence

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

## How to play

1. Make a circle. Play some music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Instruct the learners to copy the first person's movement and the second person's movement in a continuous manner.
6. Instruct the third person in the circle to contribute a movement.
7. Learners must copy movement 1, 2 and 3 in a continuous manner.
8. Instruct the fourth person in the circle to present a new movement.
9. Learners must do movement 1, 2, 3 and 4 in a continuous manner.
10. Place learners in a circle of 5.
11. Instruct each circle to repeat the above activity in its smaller circle, and remember its 5 movements.



# Creative group activity: Puzzle dance

Main part  
Time: ~ 15 min

## How to play

1. Stay in your group of 5.
2. "Decide on 3 different shapes/formations that you can add to your 5 movements."
3. "Also add moments where you use high, medium and low level movements."
4. "Remember to add an ending position."
5. Give learners 10 minutes to practice.

# Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.





# Levels and formations

Moving to music: Senior phase

## Accompaniment

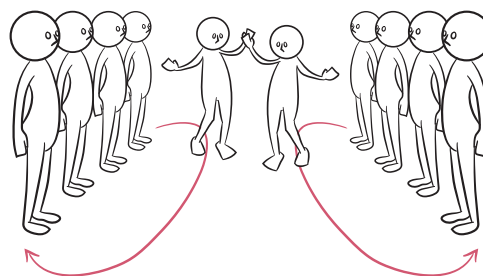
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Soul train

Introduction  
Time: ~ 5 min

### How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



## Freeze number 1, 2 and 3

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

Play music/drums. Instruct learners: "Move freely to the beat."

1. Stop the music: "Freeze! This freeze position is your position one. Remember your position 1." Play music: "Move!"
2. Stop music: "Position 1!"
3. Play music: "Move!"
4. Stop the music: "Freeze in a different position. This is your position 2. Remember position 2."
5. Play music: "Move on the floor."
6. Stop the music: "Freeze on the floor! This is position number 3."
7. "Repeat your 3 freeze positions."
8. Ask learners: "Can you change fast from position 1 to position 2 to position 3?"

## Creative group activity: Partner freeze combination in a square

Main part  
Time: ~ 10 min

### How to play

1. Make groups of two.
2. Tell your learners to choose 4 freezes.
3. "Imagine a square. Every freeze must happen in a corner of your square. Use travelling movements to move from corner to corner. So, pose, travel, pose, travel, pose, travel and pose."
4. After 5 minutes, say: "Make sure that each movement flows smoothly from one movement into the next."
5. Give learners 10 minutes to practice.

## Creative group activity 2: Follow-up activity

Main part  
Time: ~ 10 min

### How to play

1. "Partner with another group so that you are 4 people."
2. "Add the two dances together to form one long dance."
3. "Use all 4 corners of your square in your own creative way, as you pose travel pose travel pose travel, etc. "
4. Give them 5-10 minutes to practice.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.



# Rhythms

Moving to music: Senior phase

## Accompaniment

- Use drums or play the Boxing song from the CD.
- Drum at a running speed and any rhythm.

## Intro ritual

Introduction  
Time: ~ 5 min

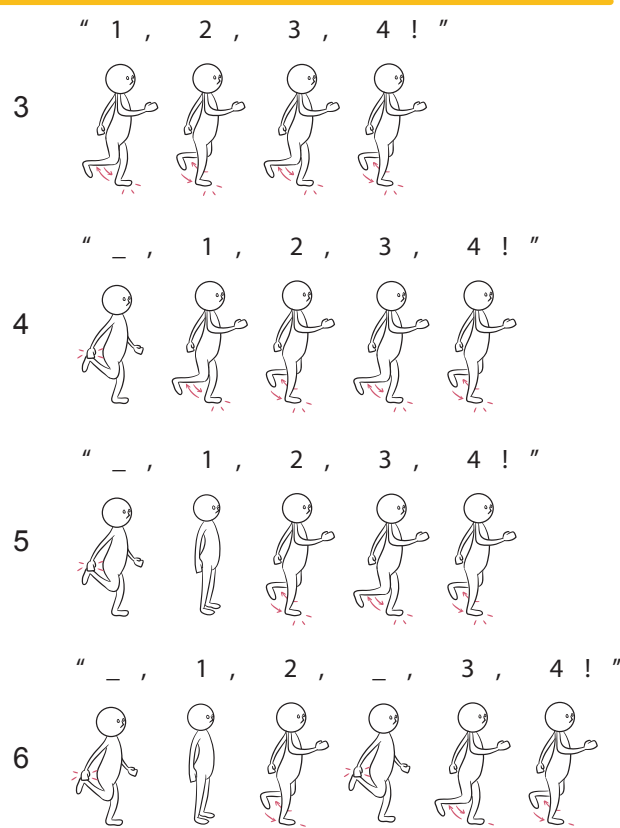
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Gumboot cardio

Introduction  
Time: ~ 5 min

### How to play

1. "Find a position in the room where you have enough space."
2. "Start to run on the spot. Slowly at first."
3. "Count 1234 1234 1234 1234 out loud while jogging. Every step being one count."
4. "Now slap your foot before you say 1. Like an offbeat. Keep on running at the counts 1234. Slap1234, slap1234, slap1234, slap1234."
5. "Now stop at the count of 1. Keep on running at the counts 234. Slapstop234, slapstop234, slapstop234, slapstop234."
6. "Slap again before the count of 3. Like an offbeat. Keep on running at the counts 34. Slapstop2slap34, Slapstop2slap34, Slapstop2slap34, slapstop2slap34."
7. "The last one to add is stamp at the count of 2. Keep on running at the counts 34. Slapstopstampslap34, slapstopstampslap34, slapstopstampslap34, slapstopstampslap34."
8. "Practice this last version for a while. If it goes well run a bit faster."



## Opposite dynamics

Main part  
Time: ~ 5 min

### How to play

1. "Find a partner."
2. "Choose 4 movements of your choice."
3. Change the intensity your chosen movements. In other words, do some movements gently and soft and some strong and with power.
  - "Strong vs gentle"
  - "Power vs softness"
  - "Assertiveness vs retiring"
  - "Aggressive vs passive"
4. Give the learners some time to practice their dance. After 10 minutes let them show their dance.
5. "It's show time. Sit where you are."
6. "Show your dance sequence to the rest of the class."

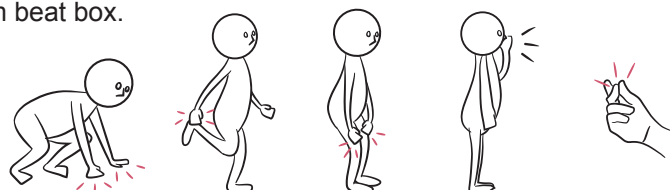
# Gumboot dance

Main part  
Time: ~ 10 min

## How to perform

"Who here knows the Gumboot dance? Does anyone know where it comes from? (Mine workers used boot slaps and rhythms to communicate with each other in the dark and entertain themselves in their free time.)".

1. Place learners in groups of 5.
2. "In your group of 5, make a circle."
3. "Think of different ways to create rhythms. Give each person a turn to create a different rhythm."
4. After 2 minutes: Add some of the following movements:
  - Clap
  - Clap hands on the ground
  - Shout
  - Snap your fingers
  - Stamp
  - Clap feet and thighs
  - Click
5. "Give each person in your circle a turn to create a different rhythm including the new movements"
6. After 2 minutes: "In your group. Make a body rhythm beat box.  
 Person 1: Stamp a steady beat  
 Person 2: Clap an interesting off-beat  
 Person 3: Slap your thighs in a rhythm  
 Person 4: Shouts a short word rhythm  
 Person 5: Click in a steady rhythm."



## Creative movement activity

Main part  
Time: ~ 10 min

## How to conduct

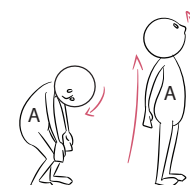
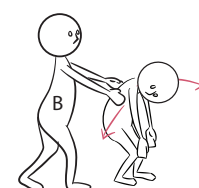
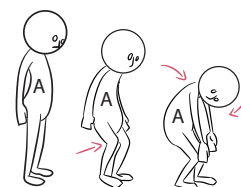
1. Place learners in other groups of 5.
2. "Choose 3 movements to form an own rhythm dance."
3. "Choose 2 movements to change the formation of the sequence twice."
4. "Practice the short rhythm in your group."
5. "You have 10 minutes to practice your gum boot dance." Give the learners 10 minutes to practice.  
It's show time.
6. "Show your gum boot sequence to the rest of the class."

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

1. "Find a partner."
2. "Choose who will roll down first."
3. "Person 1, slowly roll down your spine.
  - "Drop first your chin on your chest."
  - "Relax your shoulders and pull the towards the ground."
  - "Now your chest and upper body, make a hunch back"
  - "Bend knees. Relax our head and neck."
  - "Let your arms hang lose to the ground."
4. "Person 2: Gently swing persons 1's upper body from side to side. Make sure that they relax their neck and arms."
5. "Person 1: Slowly roll your spine back up."
  - "Stretch your knees."
  - "Roll your upper body up slowly , vertebrae by vertebra."
  - "Stand up straight with your shoulders relaxed."
  - "Lift your head slowly and look in front of you."
  - "Change places."
  - Repeat again with person 2 rolling down.
6. "Breath in for 4 counts, breath out for 4counts."





# Force

Moving to music: Senior phase

## Accompaniment

- Use drums or play the African war cry song from the CD.
- Drum first to a fast walking pace then to a running pace.

## Intro ritual

Introduction  
Time: ~ 5 min

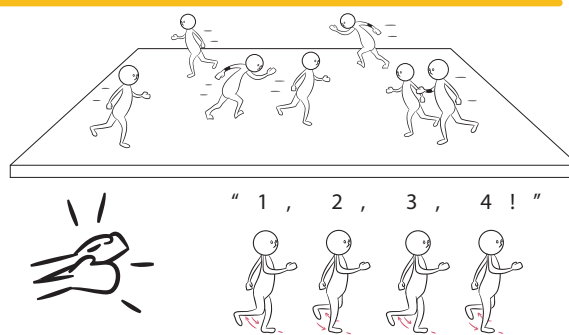
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Rhythm catcher

Introduction  
Time: ~ 5 min

### How to play

1. Choose 2-3 catchers. Give the catchers something to identify them as catchers i.e. colour bands.
2. Choose someone to play the drums at a fast walking pace.
3. "You are only allowed to move to the rhythm of the beat."
4. "Catchers: Catch the learners. If you catch someone, they become the catcher. Give them the marker to be catcher 5."
5. After awhile let someone play the drum to a running pace.

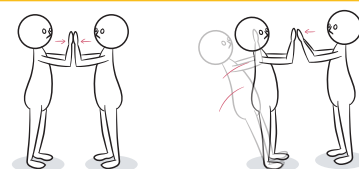


## Pressure

Introduction  
Time: ~ 5 min

### How to play

1. "Find a partner."
2. "Stand face to face with your partner holding up both hands."
3. "Press against each other's palms and feel the pressure and the force."
4. "Now try to push your partner of balance only by pressing against their palms and not moving your feet."
5. "Now try it on one foot. Who wins the little fight?"



## Haka movements

Main part  
Time: ~ 10 min

### How to perform

1. "Who has seen a rugby match? "
2. "Who has seen the New Zealand players dance before they play the match?"
3. "Who knows what their dance is called?" (The Haka)
4. "The Haka is a War Dance from New Zealand. It represents strength as it prepares the men for war. The dance also aims to scare the enemy as they show of their strength and courage. But it also represents respect for their traditions, their culture and their country.  
Haka is a war cry performed with forceful strong movements.
5. "Practice the following movements
  - "Stand firmly with your feet apart, knees bent, chest strong."
  - "Look fierce like a warrior."
  - "Clap your hands against your thighs."
  - "Stamp your feet."
  - "Make strong arm movements."
  - "Jump and land firmly."
  - Starting in a wide base

## Haka movements

Continued

- Slap thighs x 4 counts
- Lock both elbows into the waist and shake both hands at the same time x 4
- Step forward on the right foot still shaking the right hand
- Step forward on the right foot still shaking the right hand
- Step forward on the left foot and shake hands x 4
- Raise both arms up to make right angles at shoulder level
- Tap the right elbow with the left hand x 2
- Tap the left elbow with the right hand x 2
- Slap thighs x 3
- Jump up x 1
- Tap the right elbow with the left hand x 2
- Tap the left elbow with the right hand x 2
- Slap thighs x 3
- Jump up x 1

## Haka dance

Main part  
Time: ~ 10 min

### How to perform

1. Place learners into groups of 5.
2. "Design your own HAKA sequence."
3. "Choose 6 movements to put into a sequence."
4. "Remember to use intense movements:
  - Strong actions,
  - Power,
  - Assertiveness,
  - Aggressiveness yet control."
5. "Everyone in the group moves as one person, doing the same movement at the same time with the same force."
6. Drum at a fast running pace or play the African war cry song from the CD.
7. "Practice your war cry to the song or drumming."
8. "It's time to scare your enemy."
9. Instruct 2 groups to perform at a time. Let the 2 groups face each other. Let the one group do their war cry, and then let the other group respond to them by doing their war cry."
10. While performing drum or play the African war cry song from the CD.

## Outro

Cool down  
Time: ~ 5 min

### How to stretch

As teacher read these instructions in a calm voice:

- "On your own find a spot in the room."
- "Stretch like you have just woken up, yawning."
- "Stretch your arms to the sky."
- "Make your back long."
- "Stretch your fingers."
- "Stretch for one minute."
- "Now lie down on the ground."
- "Stretch like a cat."
- "Stretch and pull your toes."
- "Stretch your legs and knees."
- "Stretch like you just woke up in bed."
- "Stretch like that for one minute."
- "Relax everything and feel the blood stream in your veins. Feel your heart beat and feel your pulse."
- "Slowly get up and take in your surroundings."

"Breath in 8 counts, hold breath for 4 counts and breath out 8 counts."



## Variation of movement quality

Moving to music: Senior phase

### Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Follow the leader

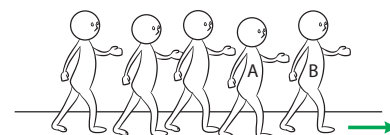
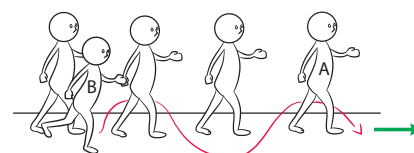
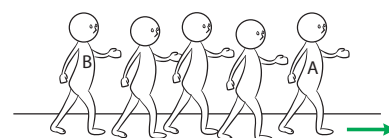
Introduction  
Time: ~ 10 min

### How to play

Make groups of five. Choose a leader for each group. Instruct the leaders to move in interesting ways using different levels (high, medium and low). They must also use different pathways and make different patterns on the floor as they move. Learners must follow their leader.

1. First leader: "Leader, walk and do interesting movements. Try not to crash with another group."
2. After 30 seconds: "Back person, snake to the front. Now you are the new leader." The person in the back has to snake through the other learners to get to the front.
3. The new leader must:
  - a. "New leader, walk faster. Make a triangle pathway on the floor as you walk."
  - b. "Back person, snake to the front. You are the new leader. Run around and make 4 big circles in your path as you run."
  - c. "Back person, snake to the front. Roll and walk! Roll and walk!"
  - d. "Back person to the front. Walk in a zigzag pathway as you walk."

A: LEADER  
B: PERSON AT THE BACK



## Favourite moves circle

Main part  
Time: ~ 5 min

Accompaniment: Play music/drums.

### How to play

1. Make a circle and play music/drums.
2. As teacher, do your favourite movement.
3. Learners must copy your movement.
4. Instruct the learner to your right to show his/her favourite movement. It must be a new movement.
5. Learners must copy the new movement until they can execute it comfortably.
6. Instruct the next learner in the circle to present his/her favourite movement, etc. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.

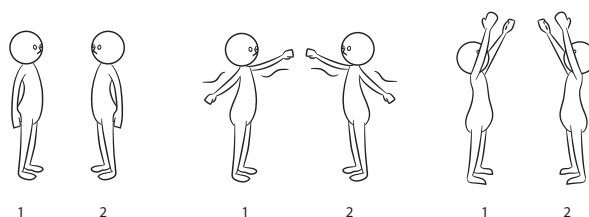
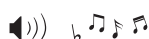
# Mirror mirror

Main part  
Time: ~ 5 min

## How to play

Two partners face each other. One learner is the “the person” and the other “the mirror”. Movements must be slow (no fast movements).

1. “Stand facing your partner with a small space between you.”
2. “Choose ‘the person’.”
3. Play slow music/drums: “Person, show slow movements.”
4. “Mirror, copy the movements as precisely as you can.”
5. After 1 minute: “Swap around! Mirror, now you lead.”  
After 1 minute: “Change leaders again. Now, stand still and try to move only your head. Only head movements are allowed.”
6. “Only upper body movements are allowed.”
7. “Change leaders again.”
8. “Use your lower body parts only.”
9. “Only fluent and slow movements.”
10. “Try to move as big as you can. Only big movements are allowed.”
11. “Move jerky! Move like a robot!”
12. Last round: “Move any way you want and make sure that your mirror is following you.”



## Creative group activity: Movement sentence sequence

Main part  
Time: ~ 10 min

## How to play

1. Divide your class into groups of 5.
2. Instruct your learners to create a dance: “Put a sequence together with the following action verbs (stick with this order): Roll, twist, spin, jump, wiggle, collapse and end.”
3. Give learners 10 minutes to work on their own dance sequence.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.





# Isolations and movement repertoire

Moving to music: Senior phase

## Accompaniment

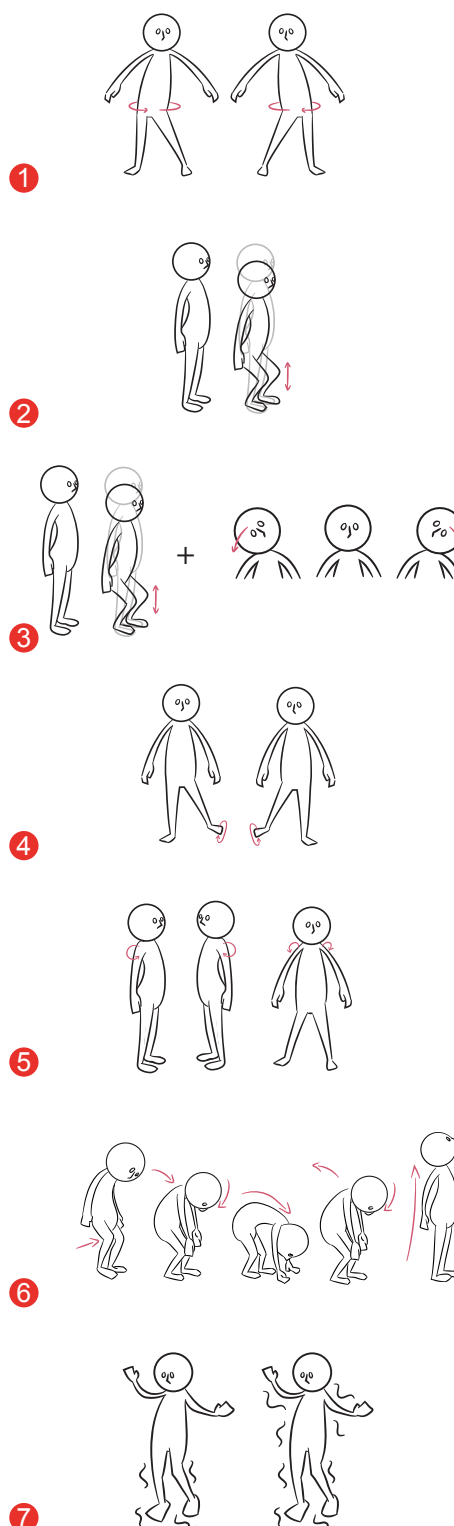
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Mobilisation and isolations

Introduction  
Time: ~ 5 min

### How to move

1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend over your toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - d. Slowly reverse and roll back up again.
    - i. Bend your knees.
    - ii. Keep your head tucked in.
    - iii. Last thing to come up is your head.
    - iv. Lengthen your spine to the ceiling, shoulders down.
  - e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



## Stop 'n formation

Main part  
Time: ~ 5 min

**Accompaniment:** Play music.

### How to play

1. Play music: "Run and dance around to the music." (Move across entire area).
2. Stop the music after 30 seconds: "Find a partner as fast as you can and sit down."
3. Repeat the above 5 times.
4. Now, play and stop the music, but give a different instruction each time you stop:
  - a) "Make groups of 8 as fast as you can. Make a circle."
  - b) "Build a line of 5 as fast as you can. Connect with your shoulders."
  - c) "Build a big class triangle."
  - d) "Find a partner as fast as you can. Stand back to back."
  - e) "Make groups of 3 and show a synchronized dance move."
  - f) "Make groups of 6 as fast as you can. Show a square."

## Freeze number 1, 2 and 3

Main part  
Time: ~ 10 min

**Accompaniment:** Play music.

### How to play

Play music/drums. Instruct learners: "Move freely to the beat."

1. Stop the music: "Freeze! This freeze position is your position one. Remember your position 1." Play music: "Move!"
2. Stop music: "Position 1!"
3. Play music: "Move!"
4. Stop the music: "Freeze in a different position. This is your position 2. Remember position 2."
5. Play music: "Move on the floor."
6. Stop the music: "Freeze on the floor. This is position number 3."
7. "Repeat your 3 freeze positions."
8. Ask them: "Can you change fast from position 1 to position 2 to position 3?"

## Creative group activity: Group formation & freeze combination

Main part  
Time: ~ 10 min

### How to play

1. Split your class into groups of 5.
2. Tell your learners to choose 6 freezes.
3. "Create a dance with following elements: 3 different formations (square, circle and triangle) and 6 different freezes."
4. "Add 3 different ways to change formations. Ensure that each movement flows smoothly from one movement into the next."
5. "Add an ending position."
6. Give learners 10 minutes to work on their own dance sequence.

## Cool down

Cool down  
Time: ~ 10 min

**Instruct** each group to present its dance to the class.



# Space and imagination

Moving to music: Senior phase

## Accompaniment

### Intro ritual

Introduction  
Time: ~ 5 min

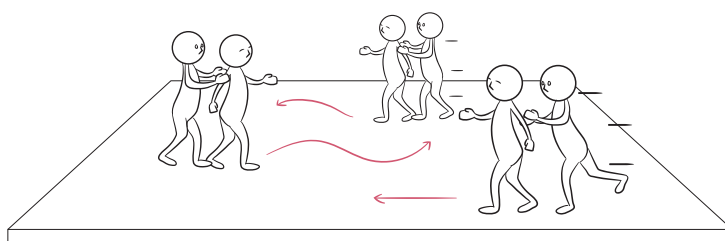
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

### Human marionette

Introduction  
Time: ~ 5 min

#### How to play

1. "Find a partner."
2. "Stand behind each other."
3. "The person at the back must move the front learner by touching his/her back or shoulders."
4. "Move around the room."
5. "Change directions often."
6. "Alter the rhythm of the movements of your partner, by exploring slow movements, fast movements and stopping movements."
7. "Front person, close your eyes and respond to the pressure of your partner only."
8. After 3 minutes: "Front person to the back. Lead your partner from behind."



### Formation game

Main part  
Time: ~ 10 min

#### How to play

1. "Today we are making shapes with the entire class."
2. "I will say the name of the shape, and you will have 30 seconds to make the shape with the entire class". After they have made the shape, let them dance around again.
3. "Dance around the movement area."
4. "Make a:
  - Egg formation
  - Zig-zag/ The shape of a lightning bolt
  - Pyramid
  - Number 5 on a dice
  - Triangle
  - Stairs (Use different levels)
  - Star formation."
5. "For the next round of the game, add a body part to your instructions. Make a:
  - Round formation with your arms
  - Triangle with your legs
  - Number 5 on a dice with your fingers
  - Star formation with your arms
  - Upper body (using fingers, arms, head, chest and shoulders)
  - Stairs with your lower body (using hips, legs, feet)."
6. "For the next round of the game I will add a number."
  - "Groups of 3, pyramid with your feet."
  - "Groups of 4, round formation with your fingers."
  - "Groups of 5, number 5 on a dice with your whole body."
  - "Groups of 6, zigzag with your legs."
  - "Groups of 7, stairs with your arms."

# Plan an event

Main part  
Time: ~ 10 min

## How to play

1. Place learners into groups of 5.
2. "In your group, design a dance about a special occasion."
3. "Choose a special occasion, for example, a:
  - Birthday
  - Wedding
  - Birth of a baby
  - New Year's Eve party
  - Christmas
  - Funeral
  - Prize giving or graduation."
4. "Think of your special occasion. What happens during these celebrations? How can you use dance movements to symbolise what happens?"
5. "Remember, this is a dance activity, and not a drama. You have to look like you are dancing the movements."
6. "Your dance must have 7 movements and an ending."
7. After 3 minutes: "Remember to use at least 3 different formations in your dance."
8. "You have 5 minutes! "Provide learners with approximately 10 minutes to practise their dance. "It is show time!"
9. "Sit where you are."
10. Give each group a chance to show its dance to the class.

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

1. "On your own, stride (take big long steps) through the room in your own speed."
2. "Do not make any contact with anyone."
3. "Walk for a while concentrating only on yourself."
  - "Feel the muscles that you use for walking."
  - "Feel your arms moving to the rhythm of your walking."
  - "Listen to the sound of your feet and your breathing as you walk."
  - "If you can imagine a sound for your arms striding through the air, what would it be?"
  - "Listen to that sound in your head as you walk."
  - "Make that sound softly as you walk."
  - "Walk slower and slower."
  - "Slow down until you eventually stop."
4. "Breathe in for 4 counts, breathe out for 4 counts. Repeat the deep breaths 3 times."



# Dances from around the world - India

Moving to music: Senior phase

## Accompaniment

- No accompaniment needed.

## Intro ritual

Introduction  
Time: ~ 5 min

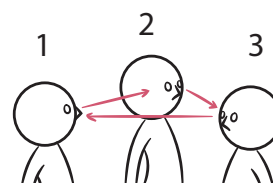
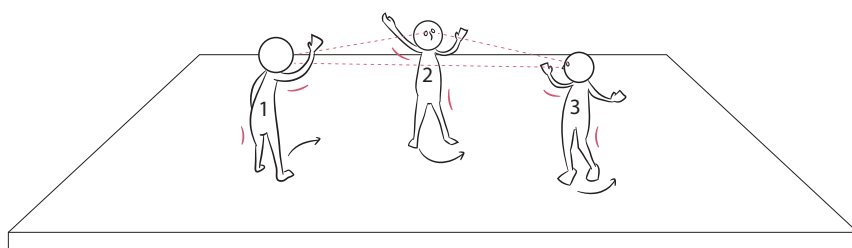
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Eye contact

Introduction  
Time: ~ 5 min

## How to play

1. "Make groups of three."
2. "Everyone gets a number from 1 to 3."
3. "Number 1 tries to make eye contact with Number 2 of your group. Number 2 tries to escape Number 1's eye contact."
4. "Number 2 tries to make eye contact with Number 3 of your group. Number 3 tries to escape Number 2's eye contact."
5. "Number 3 tries to make eye contact with Number 1 of your group. Number 1 tries to escape Number 3's eye contact."
6. "Start with moving slowly around the room so you do not crash."
7. "Now start to move around in different form and ways and see, how long and in which positions can you escape the gaze."



## Dance styles from around the world

Main part  
Time: ~ 10 min

## How to conduct

1. "Today we are going to explore different music and dance styles from around the world. Who knows a music and dance style from another culture?" Let the learners who respond, show you what they know. Allow the rest of the class to copy their movements.
2. "Who knows a music and dance style from another country?" Let the learners who respond, show you what they know. Allow the rest of the class to copy their movements.
3. "Has anyone seen or heard music and dance styles from India?" Let the learners who respond, show you what they know. Allow the rest of the class to copy their movements.
4. "In India they dance a lot with their hands. They have more than a 100 different hand and finger positions."
5. "Can you think of 10 different hand and finger positions?" Give the learners some time to think and explore.

# Creative movement activity

Main part  
Time: ~ 15 min

## How to perform

1. Place learners into groups of 3.
2. "Design a dance where you incorporate these hand and finger positions. You must have a total of 7 movements, and you must use different levels and different formations."
3. "You have 5 minutes!" Give the learners approximately 15 minutes to practise their dance.
4. "It is show time. Sit where you are."
5. Instruct 2 groups to show their dance to the class at the same time.

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

1. "Place your left hand onto your right shoulder. Swing your right arm forward and back. Feel how your joint moves and the tendons work together."
2. "Now, massage your right arm starting from the shoulder going to the fingers. Slowly knead it, feeling your muscles and bones."
3. "Change arms. Place your right hand onto your left shoulder. Swing your left arm forward and back. Massage the left arm all the way to your fingers."
4. "Breathe in for 4 counts, breathe out for 4 counts. Breathe in for 4, breathe out for 4. Breathe in for 4, breathe out for 4."



# Cultural dance

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Name game

Introduction  
Time: ~ 5 min

### How to play

Say your name to the beat and say what you like with a matching movement.

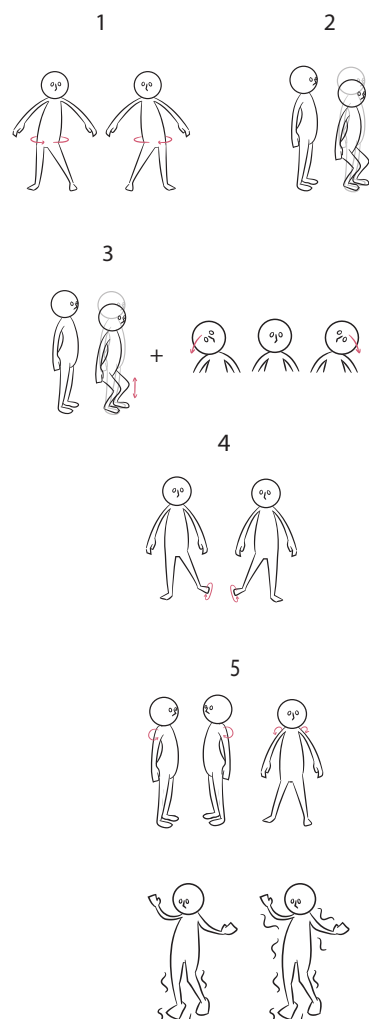
1. Make a circle.
2. Learners must walk on the spot to keep the beat (i.e. r – l – r – l).
3. Choose the starting person. "Say your name AND what you like in time to the beat. (E.g. "My name is Vuyo and I like to play cricket!")"
4. "Now say it again, and add your own movements to your words."
5. Let the whole class repeat the sentence and movements out loud.
6. Give each person in the circle a chance to introduce him/herself, what they like, and add his/her movements.
7. Each time, the learners must repeat the sentence and movements out loud.

## Mobilisation and isolations

Main part  
Time: ~ 5 min

### How to play

1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



## Cultural dance session

Main part  
Time: ~ 10 min

### How to play

Choose a traditional/cultural dance. If you do not know the dance, invite someone (i.e. community member, dancer or learner) to teach the dance to your class. Allow the person 10 minutes to teach the cultural dance to your class.

## Creative group activity: Cultural dance

Main part  
Time: ~ 10 min

### How to play

1. Divide your class into groups of 5.
2. Instruct your learners to create a dance. "Create your own cultural dance. Put a sequence together with 4 movements from the Cultural Dance Session and add 2 other movements."
3. Give the learners 10 minutes to work on their own dance sequence.
4. After 5 minutes: "Add a change of formation to your dance."

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.





# Moving to music

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Learners are taking over the world!

Introduction  
Time: ~ 15 min

### How to conduct

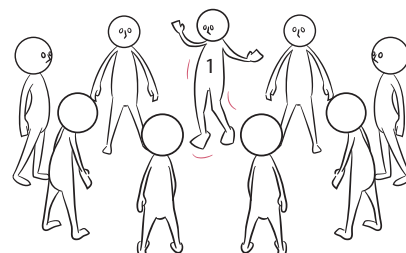
1. Go into groups of 5
2. "In your group, design a fun warm-up activity. Remember, the activity must be energetic and make you a little tired. It must also be fun! You may not use any of the activities you have done in class already. You must design your own."
3. Give learners 5 minutes to discuss this activity.
4. Thereafter, instruct your learners: "Prepare a demonstration of their activity for the class."
5. Give learners 3-5 minutes to prepare their demonstration.
6. Give each group a chance to show its activity to the class!

## Body percussion circle

Main part  
Time: ~ 10 min

### How to play

1. Stand in a circle.
2. Every learner must: "Create a short rhythm pattern using body percussion and movement. You can clap your hands, snap your fingers, slap your thighs, stomp your feet, add a turn, add a wiggle, add a jump or even add a run! Up to you!"
3. Appoint the first learner.
4. Instruct the rest of the learners to copy each body percussion movement combination. Keep a steady beat. Continue until everyone is comfortable with the rhythm.
5. Appoint the next learner to create a different rhythm pattern.
6. Give 7 learners a chance to share their rhythm patterns.



## Creative group activity: Body percussion sequence

Main part  
Time: ~ 10 min

### How to perform

1. Get into groups of 5.
2. "Design a dance with dance movements, body percussion and interesting rhythms."
3. "You need at least 6 different movements."
4. "You must change formation twice (two times) during your dance."
5. "You must include high movements and low movements on the floor."
6. "Add an ending."
7. Give learners 10 minutes to prepare their dance.

## Cool down

Cool down  
Time: ~ 5 min

**Instruct** each group to present its dance to the class.



# Dances from around the world - Russia

Moving to music: Senior phase

## Accompaniment

- Drum first at a fast walking pace then at a running pace.

## Intro ritual

Introduction  
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Rhythm catcher

Introduction  
Time: ~ 5 min

### How to play

1. Choose 2-3 catchers. Give the catchers something to identify them as catchers i.e. colour bands
2. Choose someone to play the drums at a fast walking pace.
3. "You are allowed to move to the rhythm of the beat only."
4. "Catchers, catch the learners. If you catch someone, he/she becomes the catcher. Give them the marker to be catcher.
5. After a while, let someone else play the drum to a running pace.

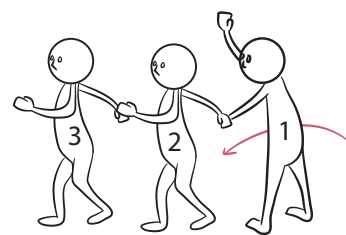
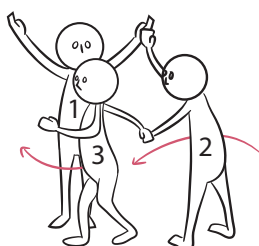
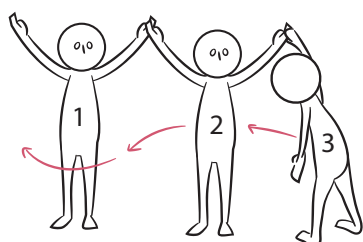
## Russian troika dance

Main part  
Time: ~ 25 min

### How to perform

Orientation:

1. "Today we are going to learn a Russian dance! But first, we need to practise some movements."
2. "Stand in lines of 3 holding hands."
3. "The person on the left and the middle person must lift up their arms."
4. "Person on the right must walk underneath the lifted arms, while still holding hands."
5. "The person in the middle may have to follow underneath to unwind the arms."
6. "If you did it correctly, you should be back in your line of 3."
7. "We are going to call this the weave."
8. Let the learners practice the weave 4 times.
9. "Can you weave the other way? Let the person on the right and in the middle lift their hands. Person on the left, you must weave through."
10. "Weave to the right 4 times."
11. "Can you weave once to the left, and weave once to the right?"
12. "In the dance, you will weave once to the left and once to the right."



# Russian troika dance

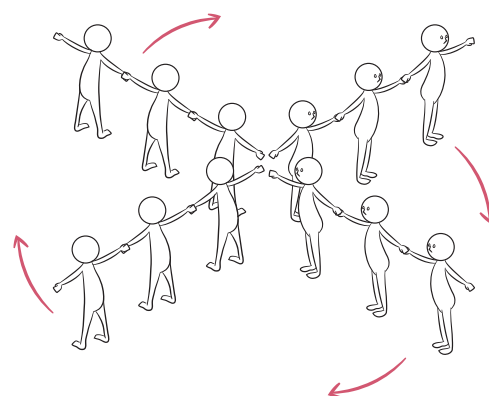
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The dance:

1. "In your line of 3, connect with 3 other lines of 3 to stand in a star formation. Your star formation will have a total of 4 lines of 3."
2. "In your star formation, gallop 16 steps around in a circle."
3. "In your line of 3: weave!"
4. "In your lines of 3: make a small circle."
5. "Take 12 steps to the right of your circle and stamp your feet 3 times."
6. "Take 12 steps to the left of your circle and stamp your feet 3 times."
7. "Join your group of 3 to the larger star-formation."
8. "Drop down to kneel, jump up."
9. "Drop down to kneel, jump up."
10. "Practise the entire dance 4 times."
11. If you like ask the drummer to accompany the movements. This can also be performed in silence or with the clapping of the teacher. No accompaniment is necessary.

Choreography:

- 16 gallop steps in the big circle to the front
- Weave to the left weave to the right, small circle
- 12 steps to the right
- 3 stamps
- 12 steps to the left
- 2 stamps
- 2 x drop down to kneels and jump back up again



## Outro

Cool down  
Time: ~ 5 min

## How to stretch

1. "Find a partner."
2. "Choose who will roll down first."
3. "Person 1, slowly roll down your spine."
  - "Drop first your chin on your chest."
  - "Relax your shoulders and pull towards the ground."
  - "Now your chest and upper body make a hunch back."
  - "Bend knees. Relax our head and neck."
  - "Let your arms hang lose to the ground."
4. "Person 2, gently swing person 1's upper body from side to side. Make sure that he/she relaxes his/her neck and arms."
5. "Person 1, slowly roll your spine back up."
  - "Stretch your knees."
  - "Roll your upper body up slowly, vertebrae by vertebra."
  - "Stand up straight with your shoulders relaxed."
  - "Lift your head slowly and look in front of you."
  - "Change places."
  - Repeat again with person 2 rolling down.
6. "Breathe in for 4 counts, breathe out for 4 counts."



# Dances from around the world - Fusion

Moving to music: Senior phase

## Accompaniment

- Use drums or play any song of choice.
- Drum at any speed and rhythm you like.

## Intro ritual

Introduction  
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Freestyle circle

Introduction  
Time: ~ 5 min

### How to play

1. "Make two circles."
2. "Take turns to enter the circle. You can enter the circle alone or with a partner. Explore different kinds of movement: slow movements, fast movements, strong movements, gentle movements, high movements, low movements, Haka movements, Indian movements, Russian movements and your own movements."
3. "The circle must copy the movements of the person in the middle."
4. Drum or play any song. Let the learners dance around for approximately 4 minutes.



## Activity

Main part  
Time: ~ 10 min

### How to conduct

1. "Today, we are going to play around with more styles of dance from around the world."
2. "Previously, we explored the Haka from New Zealand. Show us a movement."
3. "We also learnt about the hand and finger movements of Indian dance. Show me some hand and finger positions as you move."
4. "We also learnt a Russian dance."
5. "In our country and in our community, we also have our own styles of dance. Who can show us a dance style you enjoy with your friends?" Let the learners who respond, show you what they know. Instruct the rest of the class to copy their movements.
6. "Who can show us a dance style you enjoy with your family?" Let the learners who respond, show you what they know. Instruct the rest of the class to copy their movements.
7. "Who can show us another dance style you have seen around in this area?" Let the learners who respond, show you what they know. Instruct the rest of the class to copy their movements.

# Creative movement activity

Main part  
Time: ~ 15 min

## How to conduct

1. Place learners into groups of 5.
2. "Design a dance that includes movements from 4 different dance styles from around the world."
3. "In total, you must have 8 movements. 2 movements per dance style."
4. "Make sure your choice of movements flow from one movement into the next to form a continuous movement sentence."
5. "Change formation and use different levels."
6. "You have 10 minutes!" Give learners approximately 10 minutes to design their dance.
7. "It is show time. Sit where you are."
8. Instruct each group to show its dance to the class.

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

As teacher read these instructions in a calm voice:

- "On your own find a spot in the room."
- "Stretch like you have just woken up, yawning."
- "Stretch your arms to the sky."
- "Make your back long."
- "Stretch your fingers."
- "Stretch for one minute."
- "Now lie down on the ground."
- "Stretch like a cat."
- "Stretch and pull your toes."
- "Stretch your legs and knees."
- "Stretch like you just woke up in bed."
- "Stretch like that for one minute."
- "Relax everything and feel the blood stream in your veins. Feel your heart beat and feel your pulse."
- "Slowly get up and take in your surroundings."

"Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



# Musicality and movement repertoire

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Run to the music

Introduction  
Time: ~ 5 min

### How to play

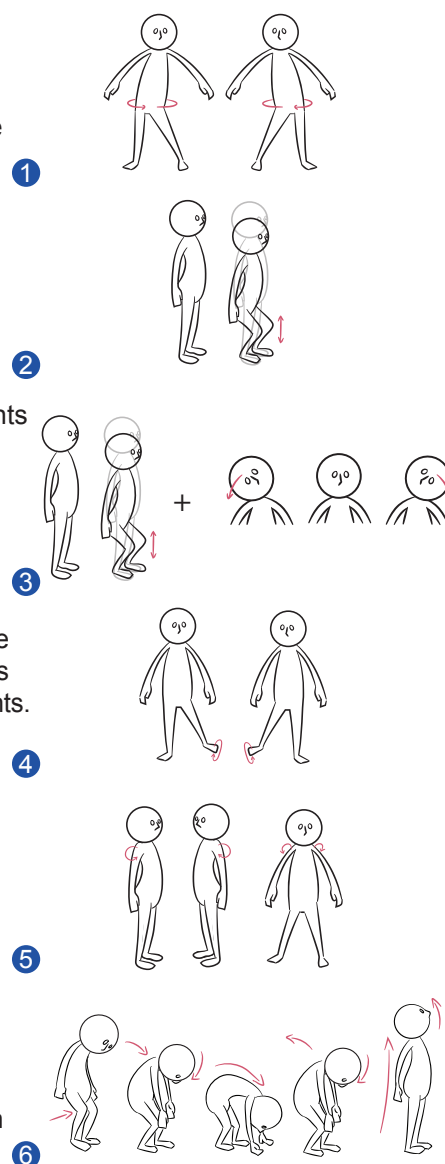
1. As teacher, prepare at least 5 songs in different styles and with different speeds (tempo) for the learners to play/sing.
2. Instruct learners: "Dance around the movement space."
3. "Change your movements according to the speed, rhythm and style of the song." (For example, a slow song will have slow big movements).

## Mobilisation and isolations

Main part  
Time: ~ 5 min

### How to move

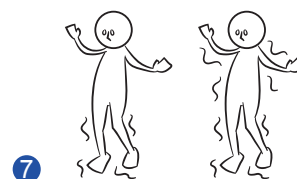
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend over your toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.



## Mobilisation and isolations

Continued

- d. Slowly reverse and roll back up again.
  - i. Bend your knees.
  - ii. Keep your head tucked in.
  - iii. Last thing to come up is your head.
  - iv. Lengthen your spine to the ceiling, shoulders down.
- e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



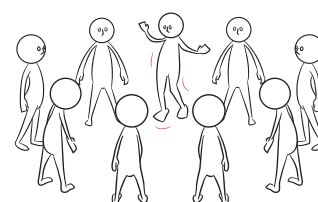
## Favourite moves circle

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

1. Make a circle. Play your music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Learners must copy the movement.
6. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.
7. After the above activity, instruct each learner: "Choose your 2 favourite movements from today's circle."



## Creative group activity: Favourite moves partner combination 1

Main part  
Time: ~ 5 min

### How to play

1. "Find a partner!"
2. "Teach your 2 favourite movements to your partner."
3. "Add your 4 movements together to make a dance. Let the movements flow from one movement into the next."
4. Give learners 5 minutes to prepare.

## Creative group activity: Follow-up

Main part  
Time: ~ 10 min

### How to play

1. Instruct the same pairs from the above activity: "Join with another group. Now you have four people."
2. "Teach your 4 movement dance to the rest of your group."
3. "Give the other partners a turn to teach their four movements to you." Both pairs need to learn and practice the other partner combination.
4. "Combine your movements together to make a dance that contains at least 8 different movements."
5. Give learners 10 minutes to practice.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.





# Formations and isolations

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

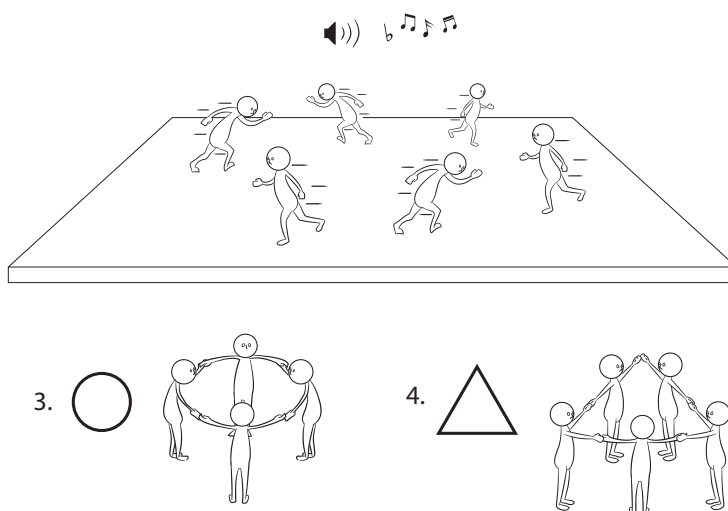
## Group formations

Introduction  
Time: ~ 10 min

**Accompaniment:** Play music/drums.

### How to play

1. "Make groups of 10."
2. Play music/drums: "Run around to the music."  
(Move across entire movement area).
3. Stop music/drums: "Build a circle in your group."
4. Play music/drums: "Dance around the room."
5. Stop music/drums: "Build a triangle in your group."
6. Play music /drums: "Dance around the room."
7. Stop music/drums: "Stand in a line."
8. Play music/drums: "Dance around the room."
9. Stop music/drums: "Build a square in your group."
10. Play music/drums: "Dance around the room."
11. Stop music/drums: "Build a bunch of people."
12. Play music/drums: "Dance around the room."
13. Stop music/drums: "Build a cross in your group."
14. Repeat instructions 3 times.

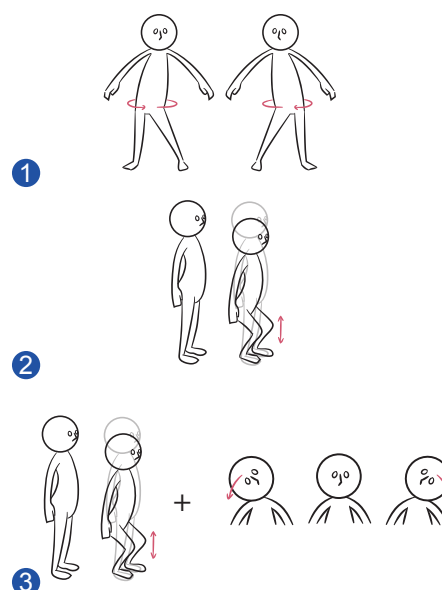


## Mobilisation and isolations

Main part  
Time: ~ 5 min

### How to play

1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.

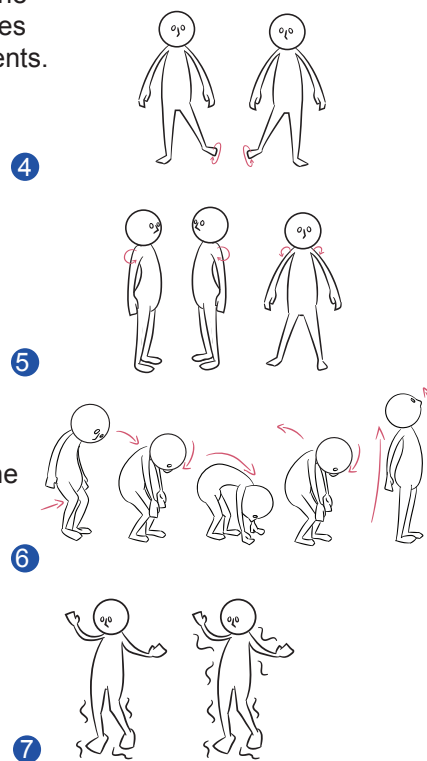




## Mobilisation and isolations

Continued

4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend behind toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - d. Slowly reverse and roll back up again.
    - i. Bend your knees.
    - ii. Keep your head tucked in.
    - iii. Last thing to come up is your head.
    - iv. Lengthen your spine to the ceiling, shoulders down.
  - e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.

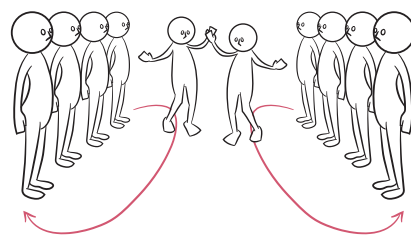


## Soul train

Main part  
Time: ~ 5 min

### How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



## Creative group activity

Main part  
Time: ~ 10 min

### How to play

1. "Make groups of 5."
2. Instruct learners: "Create a dance that has a circle, a line and a triangle."
3. "Remember to choose different movements for each time you change position to ensure continuous flow of movement."
4. Give learners 10 minutes to practise.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.



# Formations and shapes

Moving to music: Senior phase

## Accompaniment

- Play any song of your choice.

## Intro ritual

Introduction  
Time: ~ 5 min

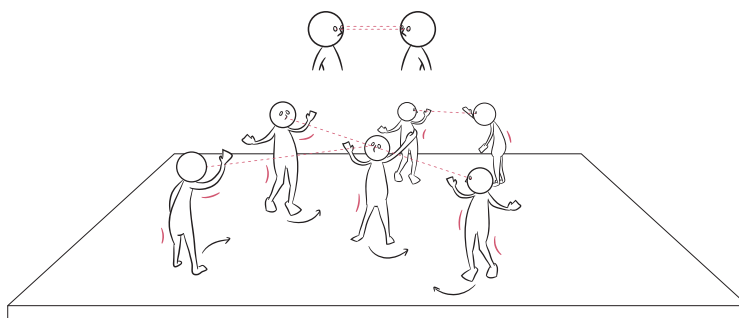
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Don't lose eye contact

Introduction  
Time: ~ 5 min

### How to play

1. "Find a partner."
2. "Move freely around the movement area, keeping eye contact with your partner."
3. "Start moving slowly, keep eye contact, do not crash."
4. "Make different movements as you move around. Can you hold a position and maintain eye contact? Can you turn or make rotations and maintain eye contact?"
5. "After 2 minutes change partners."



## Group shapes

Main part  
Time: ~ 5 min

### How to play

1. Place learners into groups of 6.
2. "In your group, find three ways to make a circle."
3. "In your group, find three ways to make a triangle."
4. "In your group, find three ways to make a rectangle"

## Formation game

Main part  
Time: ~ 10 min

### How to play

1. "Today we are making shapes with the entire class."
2. "I will say the name of the shape, and you will have 30 seconds to make the shape with the entire class". After they have made the shape, let them dance around again.
3. "Dance around the movement area."
4. As teacher you can use these shapes:
  - Circle.
  - Line.
  - Square.
  - Egg shape.
  - Heart shape.
  - Diamond shape.
  - Pyramid."

## Formation game

Continued

5. For the next round of the game, add a body part to your instructions:
  - “Form a line with your arms.”
  - “Make a diamond with your legs.”
  - “Make a square with your feet.”
  - “Make a circle with your fingers.”
  - “Make a zigzag with your whole body.”
6. “For the next round of the game I will add a number.”
  - “Groups of 3, pyramid with your whole bodies.”
  - “Groups of 4, triangle with your legs.”
  - “Groups of 5, circle with your feet.”
  - “Groups of 6, square with your arms.”
  - “Groups of 7, diamond with your feet.”

## Creative movement activity

Main part  
Time: ~ 10 min

### How to play

1. Place your learners into groups of 5.
2. “Design a dance where you have 3 formations and an ending. You must have a total of 7 movements.”
  - “One movement in your first formation.”
  - “One movement to change formation.”
  - “One movement in your second formation.”
  - “One movement to change formation.”
  - “One movement in your third formation.”
  - “One movement to change formation.”
  - “An ending position.”
3. “You have 5 minutes to practise.” Provide learners with approximately 15 minutes to practise their dance.
4. “It is show time. Sit where you are”
5. Instruct each group to show its dance to the class.

## Outro

Cool down  
Time: ~ 5 min

### How to stretch

1. “On your own, stride through the room at your own speed.”
2. “Do not make any contact with anyone. Feel your muscles used for walking tensing up and feel your arms moving to the rhythm of your own walking. Walk for a while concentrating on yourself only.”
3. “Walk slower.”
4. “Walk even slower.”
5. “Walk even slower.”
6. “Walk even slower until you eventually stop.”
7. “Breathe in for 4 counts, breath out for 4 counts. Breathe in and out 3 times.”



# Quality of movement and force

Moving to music: Senior phase

## Accompaniment

- Play any song of your choice.

## Intro ritual

Introduction  
Time: ~ 5 min

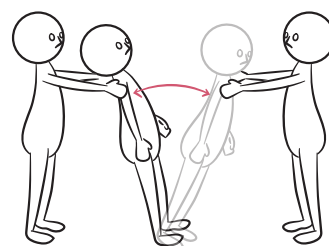
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Duo trust

Introduction  
Time: ~ 5 min

### How to play

1. "Stand in groups of three."
2. "Choose a middle person."
3. "Two learners face each other, and the middle person stands in between them."
4. "The middle person tenses up his/her body like a plank, very stiff. Every muscle must be held tight and you stay on one spot."
5. "The other two learners must gently move the middle person back and forth. Slowly. Catch or hold the learner by the shoulders. Middle person, stay stiff. Do not bend at your hips."
6. "Change the middle person until everyone has had a turn in the middle."

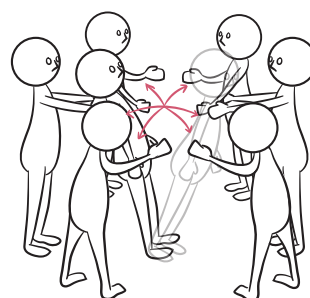


## Group trust

Introduction  
Time: ~ 5 min

### How to play

1. "Join another group so that you have 6 people in your group."
2. "Choose a middle person."
3. "Build a very tight circle around the middle person. Remember to stand very stiff."
4. Gently push and catch the middle person."
5. After 1 minute: "Change the middle person until each person has had a chance to be in the middle."



## Elements of nature

Main part  
Time: ~ 20 min

### How to play

1. "Let us try out some movements with different intensities. First make strong and forceful movements, then make gentle and soft movements."
2. "Let us see if you can do both intensities with the following body parts":
  - "Fingers, move them forcefully. Now, move them gently."
  - "Arms, move them forcefully. Now, move them gently."
  - "Legs, move them forcefully. Now, move them gently."
  - "Feet, move them strong forcefully. Now, move them gently."
  - "Upper body, move it forcefully. Now, move it gently."
  - "Lower body, move it forcefully. Now, move it gently."
  - "Whole body, move it forcefully. Now, move it gently."
3. Place the learners in group of 5

## Elements of nature

Continued

4. "Think of the elements:
  - Earth.
  - Fire.
  - Water.
  - Wind."
5. "How would you move to each element?
  - i.e. Fire moves fast and with a lot of force; wind can be soft and gentle or strong a stormy."
6. "Choose 2 elements as a theme (i.e. fire, and water)."
7. "Design a dance that depicts these elements. Use different body parts at different intensities (i.e. gentle and strong movements). You need a total of 8 movements for your dance."
8. "You have 5 minutes!" Give the learners approximately 15 minutes to practise their dance.  
It is show time.
9. "Show your dance to the rest of the class."
10. "Go back into your groups and change the details that did not work or that you did not like and swap them with other movements."

## Outro

Cool down  
Time: ~ 5 min

### How to stretch

1. "Place your left hand onto your right shoulder. Swing your right arm forward and back. Feel how your joint moves and the tendons work together."
2. "Now, massage your right arm starting from the shoulder going to the fingers. Slowly knead it, feeling your muscles and bones."
3. "Change arms. Place your right hand onto your left shoulder. Swing your left arm forward and back. Massage the left arm all the way to your fingers."
4. "Breathe in for 4 counts, breathe out for 4 counts. Breathe in for 4, breathe out for 4. Breathe in for 4, breathe out for 4."



# Isolations and movement repertoire

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.

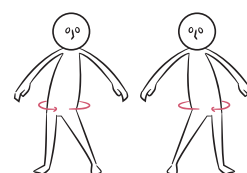
- Play any pace and rhythm of your choice.

## Mobilisation and isolations

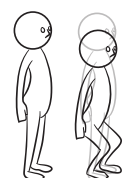
Introduction  
Time: ~ 10 min

### How to move

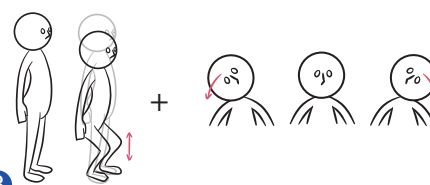
1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend over your toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - d. Slowly reverse and roll back up again.
    - i. Bend your knees.
    - ii. Keep your head tucked in.
    - iii. Last thing to come up is your head.
    - iv. Lengthen your spine to the ceiling, shoulders down.
  - e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



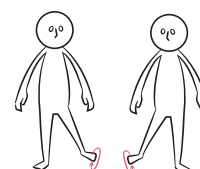
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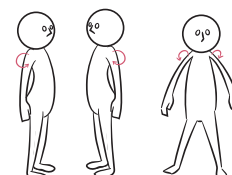
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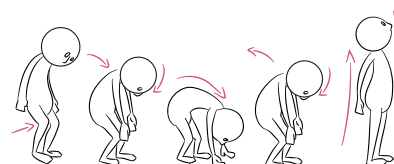
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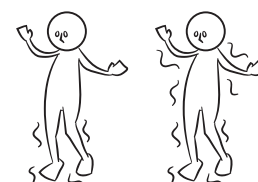
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6



7

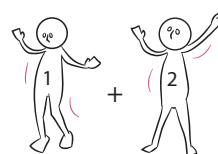
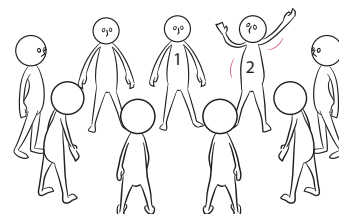
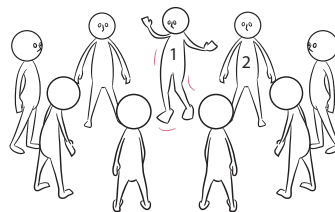
## Favourite moves dance sequence

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

1. Make a circle. Play some music/drums.
2. Choose a learner to start. Learner must: "Show us your favourite movement."
3. The rest of the learners must copy the movement until they can execute it comfortably.
4. Instruct the next learner in the circle to present his/her favourite movement. It must be a new movement.
5. Instruct the learners to copy the first person's movement and the second person's movement in a continuous manner.
6. Instruct the third person in the circle to contribute a movement.
7. Learners must copy movement 1, 2 and 3 in a continuous manner.
8. Instruct the fourth person in the circle to present a new movement.
9. Learners must do movement 1, 2, 3 and 4 in a continuous manner.
10. Place learners in a circle of 5.
11. Instruct each circle to repeat the above activity in its smaller circle, and remember its 5 movements.



## Creative group activity: Puzzle dance

Main part  
Time: ~ 15 min

### How to play

1. Stay in your group of 5.
2. "Decide on 3 different shapes/formations that you can add to your 5 movements."
3. "Also add moments where you use high, medium and low level movements."
4. "Remember to add an ending position."
5. Give learners 10 minutes to practice.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.





# Levels and formations

Moving to music: Senior phase

## Accompaniment

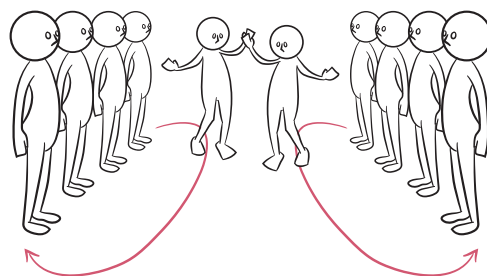
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Soul train

Introduction  
Time: ~ 5 min

### How to play

1. Instruct learners to stand in two lines facing each other. Allow for a space of approximately 1.5 meters between the 2 lines.
2. "The front two learners start. Partners must travel/dance together in the space between the other learners until they reach the end of the line."
3. "When you arrive at the end, join the other learners and stand in the line."
4. Allow the next partners in the front of the line to do the same.
5. Each couple should have a turn.
6. "Change partner for the next round."
7. Wait 8 counts before the next group starts.



## Freeze number 1, 2 and 3

Main part  
Time: ~ 5 min

**Accompaniment:** Play music/drums.

### How to play

Play music/drums. Instruct learners: "Move freely to the beat."

1. Stop the music: "Freeze! This freeze position is your position one. Remember your position 1." Play music: "Move!"
2. Stop music: "Position 1!"
3. Play music: "Move!"
4. Stop the music: "Freeze in a different position. This is your position 2. Remember position 2."
5. Play music: "Move on the floor."
6. Stop the music: "Freeze on the floor! This is position number 3."
7. "Repeat your 3 freeze positions."
8. Ask learners: "Can you change fast from position 1 to position 2 to position 3?"

## Creative group activity: Partner freeze combination in a square

Main part  
Time: ~ 10 min

### How to play

1. Make groups of two.
2. Tell your learners to choose 4 freezes.
3. "Imagine a square. Every freeze must happen in a corner of your square. Use travelling movements to move from corner to corner. So, pose, travel, pose, travel, pose, travel and pose."
4. After 5 minutes, say: "Make sure that each movement flows smoothly from one movement into the next."
5. Give learners 10 minutes to practice.



## Creative group activity 2: Follow-up activity

Main part  
Time: ~ 10 min

### How to play

1. "Partner with another group so that you are 4 people."
2. "Add the two dances together to form one long dance."
3. "Use all 4 corners of your square in your own creative way, as you pose travel pose travel pose travel, etc. "
4. Give them 5-10 minutes to practice.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.



# Rhythms

Moving to music: Senior phase

## Accompaniment

- Use drums or play the Boxing song from the CD.
- Drum at a running speed and any rhythm.

## Intro ritual

Introduction  
Time: ~ 5 min

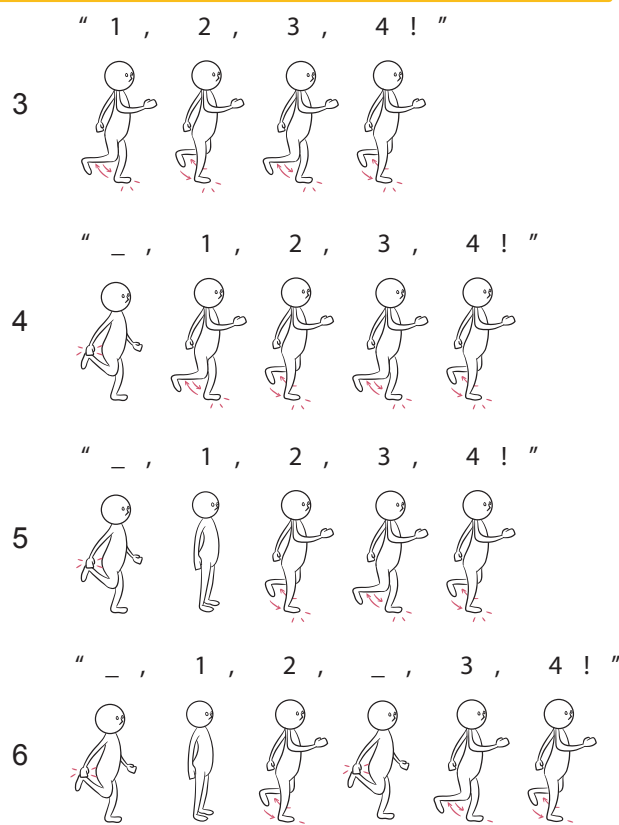
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Gumboot cardio

Introduction  
Time: ~ 5 min

### How to play

1. "Find a position in the room where you have enough space."
2. "Start to run on the spot. Slowly at first."
3. "Count 1234 1234 1234 1234 out loud while jogging. Every step being one count."
4. "Now slap your foot before you say 1. Like an offbeat. Keep on running at the counts 1234. Slap1234, slap1234, slap1234, slap1234."
5. "Now stop at the count of 1. Keep on running at the counts 234. Slapstop234, slapstop234, slapstop234, slapstop234."
6. "Slap again before the count of 3. Like an offbeat. Keep on running at the counts 34. Slapstop2slap34, Slapstop2slap34, Slapstop2slap34, slapstop2slap34."
7. "The last one to add is stamp at the count of 2. Keep on running at the counts 34. Slapstopstampslap34, slapstopstampslap34, slapstopstampslap34, slapstopstampslap34."
8. "Practice this last version for a while. If it goes well run a bit faster."



## Opposite dynamics

Main part  
Time: ~ 5 min

### How to play

1. "Find a partner."
2. "Choose 4 movements of your choice."
3. Change the intensity your chosen movements. In other words, do some movements gently and soft and some strong and with power.
  - "Strong vs gentle"
  - "Power vs softness"
  - "Assertiveness vs retiring"
  - "Aggressive vs passive"
4. Give the learners some time to practice their dance. After 10 minutes let them show their dance.
5. "It's show time. Sit where you are."
6. "Show your dance sequence to the rest of the class."

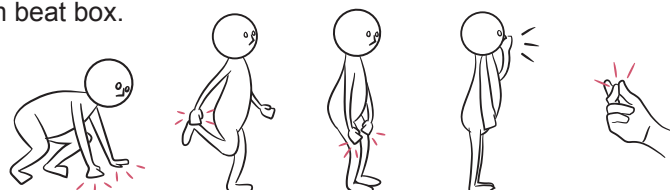
# Gumboot dance

Main part  
Time: ~ 10 min

## How to perform

"Who here knows the Gumboot dance? Does anyone know where it comes from? (Mine workers used boot slaps and rhythms to communicate with each other in the dark and entertain themselves in their free time.)".

1. Place learners in groups of 5.
2. "In your group of 5, make a circle."
3. "Think of different ways to create rhythms. Give each person a turn to create a different rhythm."
4. After 2 minutes: Add some of the following movements:
  - Clap
  - Clap hands on the ground
  - Shout
  - Snap your fingers
  - Stamp
  - Clap feet and thighs
  - Click
5. "Give each person in your circle a turn to create a different rhythm including the new movements"
6. After 2 minutes: "In your group. Make a body rhythm beat box.  
 Person 1: Stamp a steady beat  
 Person 2: Clap an interesting off-beat  
 Person 3: Slap your thighs in a rhythm  
 Person 4: Shouts a short word rhythm  
 Person 5: Click in a steady rhythm."



## Creative movement activity

Main part  
Time: ~ 10 min

## How to conduct

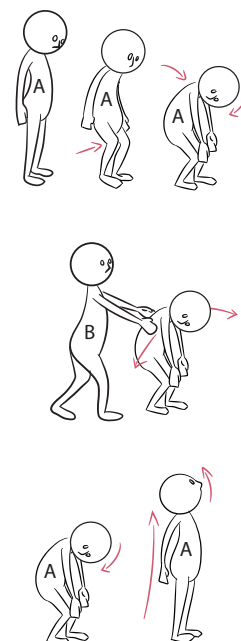
1. Place learners in other groups of 5.
2. "Choose 3 movements to form an own rhythm dance."
3. "Choose 2 movements to change the formation of the sequence twice."
4. "Practice the short rhythm in your group."
5. "You have 10 minutes to practice your gum boot dance." Give the learners 10 minutes to practice.  
It's show time.
6. "Show your gum boot sequence to the rest of the class."

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

1. "Find a partner."
2. "Choose who will roll down first."
3. "Person 1, slowly roll down your spine.
  - "Drop first your chin on your chest."
  - "Relax your shoulders and pull the towards the ground."
  - "Now your chest and upper body, make a hunch back"
  - "Bend knees. Relax our head and neck."
  - "Let your arms hang lose to the ground."
4. "Person 2: Gently swing persons 1's upper body from side to side. Make sure that they relax their neck and arms."
5. "Person 1: Slowly roll your spine back up."
  - "Stretch your knees."
  - "Roll your upper body up slowly , vertebrae by vertebra."
  - "Stand up straight with your shoulders relaxed."
  - "Lift your head slowly and look in front of you."
  - "Change places."
  - Repeat again with person 2 rolling down.
6. "Breath in for 4 counts, breath out for 4counts."





# Force

Moving to music: Senior phase

## Accompaniment

- Use drums or play the African war cry song from the CD.
- Drum first to a fast walking pace then to a running pace.

## Intro ritual

Introduction  
Time: ~ 5 min

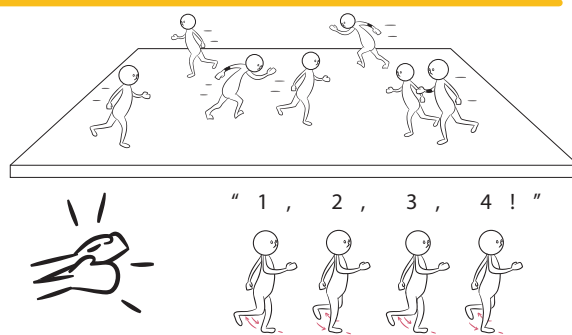
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Rhythm catcher

Introduction  
Time: ~ 5 min

### How to play

1. Choose 2-3 catchers. Give the catchers something to identify them as catchers i.e. colour bands.
2. Choose someone to play the drums at a fast walking pace.
3. "You are only allowed to move to the rhythm of the beat."
4. "Catchers: Catch the learners. If you catch someone, they become the catcher. Give them the marker to be catcher 5."
5. After awhile let someone play the drum to a running pace.

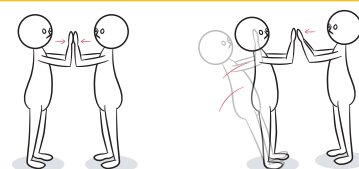


## Pressure

Introduction  
Time: ~ 5 min

### How to play

1. "Find a partner."
2. "Stand face to face with your partner holding up both hands."
3. "Press against each other's palms and feel the pressure and the force."
4. "Now try to push your partner of balance only by pressing against their palms and not moving your feet."
5. "Now try it on one foot. Who wins the little fight?"



## Haka movements

Main part  
Time: ~ 10 min

### How to perform

1. "Who has seen a rugby match? "
2. "Who has seen the New Zealand players dance before they play the match?"
3. "Who knows what their dance is called?" (The Haka)
4. "The Haka is a War Dance from New Zealand. It represents strength as it prepares the men for war. The dance also aims to scare the enemy as they show of their strength and courage. But it also represents respect for their traditions, their culture and their country.  
Haka is a war cry performed with forceful strong movements.
5. "Practice the following movements
  - "Stand firmly with your feet apart, knees bent, chest strong."
  - "Look fierce like a warrior."
  - "Clap your hands against your thighs."
  - "Stamp your feet."
  - "Make strong arm movements."
  - "Jump and land firmly."
  - Starting in a wide base

# Haka movements

Continued

- Slap thighs x 4 counts
- Lock both elbows into the waist and shake both hands at the same time x 4
- Step forward on the right foot still shaking the right hand
- Step forward on the right foot still shaking the right hand
- Step forward on the left foot and shake hands x 4
- Raise both arms up to make right angles at shoulder level
- Tap the right elbow with the left hand x 2
- Tap the left elbow with the right hand x 2
- Slap thighs x 3
- Jump up x 1
- Tap the right elbow with the left hand x 2
- Tap the left elbow with the right hand x 2
- Slap thighs x 3
- Jump up x 1

# Haka dance

Main part  
Time: ~ 10 min

## How to perform

1. Place learners into groups of 5.
2. "Design your own HAKA sequence."
3. "Choose 6 movements to put into a sequence."
4. "Remember to use intense movements:
  - Strong actions,
  - Power,
  - Assertiveness,
  - Aggressiveness yet control."
5. "Everyone in the group moves as one person, doing the same movement at the same time with the same force."
6. Drum at a fast running pace or play the African war cry song from the CD.
7. "Practice your war cry to the song or drumming."
8. "It's time to scare your enemy."
9. Instruct 2 groups to perform at a time. Let the 2 groups face each other. Let the one group do their war cry, and then let the other group respond to them by doing their war cry."
10. While performing drum or play the African war cry song from the CD.

# Outro

Cool down  
Time: ~ 5 min

## How to stretch

As teacher read these instructions in a calm voice:

- "On your own find a spot in the room."
- "Stretch like you have just woken up, yawning."
- "Stretch your arms to the sky."
- "Make your back long."
- "Stretch your fingers."
- "Stretch for one minute."
- "Now lie down on the ground."
- "Stretch like a cat."
- "Stretch and pull your toes."
- "Stretch your legs and knees."
- "Stretch like you just woke up in bed."
- "Stretch like that for one minute."
- "Relax everything and feel the blood stream in your veins. Feel your heart beat and feel your pulse."
- "Slowly get up and take in your surroundings."

"Breath in 8 counts, hold breath for 4 counts and breath out 8 counts."



## Variation of movement quality

Moving to music: Senior phase

### Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Follow the leader

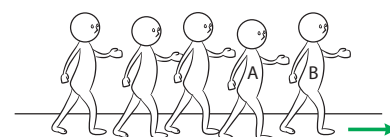
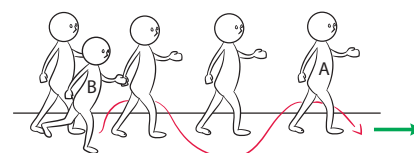
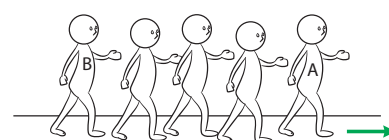
Introduction  
Time: ~ 10 min

### How to play

Make groups of five. Choose a leader for each group. Instruct the leaders to move in interesting ways using different levels (high, medium and low). They must also use different pathways and make different patterns on the floor as they move. Learners must follow their leader.

1. First leader: "Leader, walk and do interesting movements. Try not to crash with another group."
2. After 30 seconds: "Back person, snake to the front. Now you are the new leader." The person in the back has to snake through the other learners to get to the front.
3. The new leader must:
  - a. "New leader, walk faster. Make a triangle pathway on the floor as you walk."
  - b. "Back person, snake to the front. You are the new leader. Run around and make 4 big circles in your path as you run."
  - c. "Back person, snake to the front. Roll and walk! Roll and walk!"
  - d. "Back person to the front. Walk in a zigzag pathway as you walk."

A: LEADER  
B: PERSON AT THE BACK



## Favourite moves circle

Main part  
Time: ~ 5 min

Accompaniment: Play music/drums.

### How to play

1. Make a circle and play music/drums.
2. As teacher, do your favourite movement.
3. Learners must copy your movement.
4. Instruct the learner to your right to show his/her favourite movement. It must be a new movement.
5. Learners must copy the new movement until they can execute it comfortably.
6. Instruct the next learner in the circle to present his/her favourite movement, etc. Each learner must get a chance to present a new movement to the circle. Already shown movements may not be repeated.

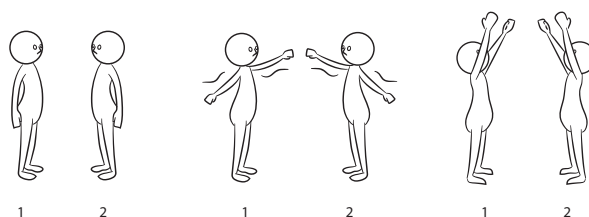
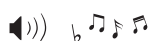
# Mirror mirror

Main part  
Time: ~ 5 min

## How to play

Two partners face each other. One learner is the “the person” and the other “the mirror”. Movements must be slow (no fast movements).

1. “Stand facing your partner with a small space between you.”
2. “Choose ‘the person’.”
3. Play slow music/drums: “Person, show slow movements.”
4. “Mirror, copy the movements as precisely as you can.”
5. After 1 minute: “Swap around! Mirror, now you lead.”  
After 1 minute: “Change leaders again. Now, stand still and try to move only your head. Only head movements are allowed.”
6. “Only upper body movements are allowed.”
7. “Change leaders again.”
8. “Use your lower body parts only.”
9. “Only fluent and slow movements.”
10. “Try to move as big as you can. Only big movements are allowed.”
11. “Move jerky! Move like a robot!”
12. Last round: “Move any way you want and make sure that your mirror is following you.”



## Creative group activity: Movement sentence sequence

Main part  
Time: ~ 10 min

## How to play

1. Divide your class into groups of 5.
2. Instruct your learners to create a dance: “Put a sequence together with the following action verbs (stick with this order): Roll, twist, spin, jump, wiggle, collapse and end.”
3. Give learners 10 minutes to work on their own dance sequence.

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.





# Isolations and movement repertoire

Moving to music: Senior phase

## Accompaniment

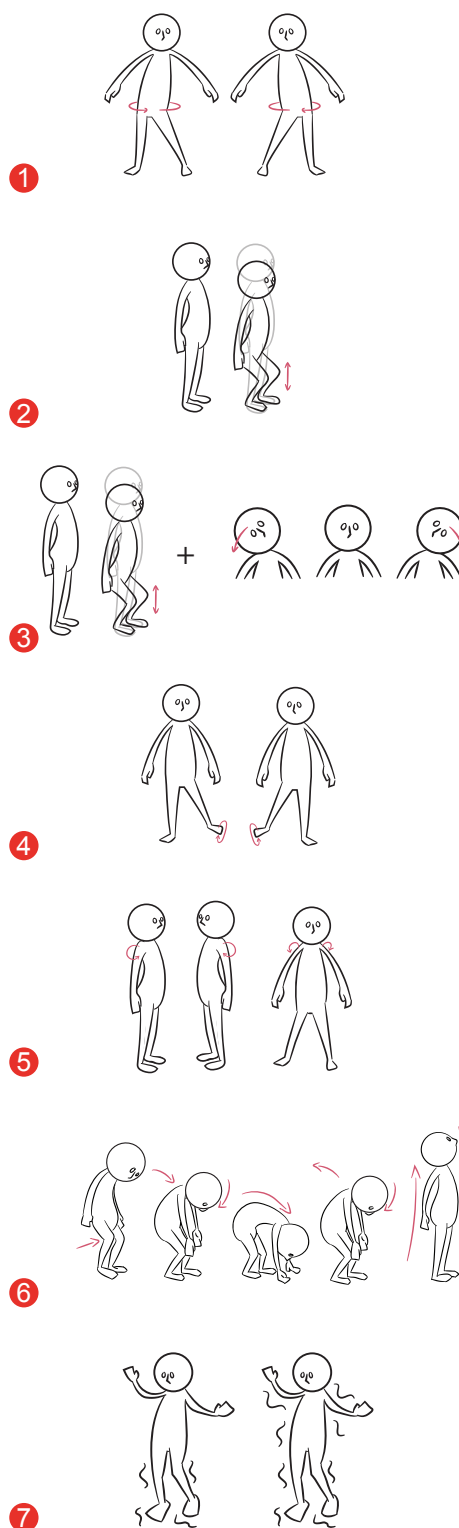
- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Mobilisation and isolations

Introduction  
Time: ~ 5 min

### How to move

1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Roll down:
  - a. Stand with your legs slightly apart with the above posture.
  - b. Relax and bend your knees. Knees must bend over your toes.
  - c. Lengthen your spine even if your knees are slightly bent.
    - i. Slowly drop your chin to your chest.
    - ii. Hang your arms and your body forward.
    - iii. Bend your knees slightly. Keep your head tucked in.
    - iv. Roll your body slowly all the way down to the floor. Try to touch the floor.
  - d. Slowly reverse and roll back up again.
    - i. Bend your knees.
    - ii. Keep your head tucked in.
    - iii. Last thing to come up is your head.
    - iv. Lengthen your spine to the ceiling, shoulders down.
  - e. Repeat the rolling down and up 8 times.
7. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.





## Stop 'n formation

Main part  
Time: ~ 5 min

**Accompaniment:** Play music.

### How to play

1. Play music: "Run and dance around to the music." (Move across entire area).
2. Stop the music after 30 seconds: "Find a partner as fast as you can and sit down."
3. Repeat the above 5 times.
4. Now, play and stop the music, but give a different instruction each time you stop:
  - a) "Make groups of 8 as fast as you can. Make a circle."
  - b) "Build a line of 5 as fast as you can. Connect with your shoulders."
  - c) "Build a big class triangle."
  - d) "Find a partner as fast as you can. Stand back to back."
  - e) "Make groups of 3 and show a synchronized dance move."
  - f) "Make groups of 6 as fast as you can. Show a square."

## Freeze number 1, 2 and 3

Main part  
Time: ~ 10 min

**Accompaniment:** Play music.

### How to play

Play music/drums. Instruct learners: "Move freely to the beat."

1. Stop the music: "Freeze! This freeze position is your position one. Remember your position 1." Play music: "Move!"
2. Stop music: "Position 1!"
3. Play music: "Move!"
4. Stop the music: "Freeze in a different position. This is your position 2. Remember position 2."
5. Play music: "Move on the floor."
6. Stop the music: "Freeze on the floor. This is position number 3."
7. "Repeat your 3 freeze positions."
8. Ask them: "Can you change fast from position 1 to position 2 to position 3?"

## Creative group activity: Group formation & freeze combination

Main part  
Time: ~ 10 min

### How to play

1. Split your class into groups of 5.
2. Tell your learners to choose 6 freezes.
3. "Create a dance with following elements: 3 different formations (square, circle and triangle) and 6 different freezes."
4. "Add 3 different ways to change formations. Ensure that each movement flows smoothly from one movement into the next."
5. "Add an ending position."
6. Give learners 10 minutes to work on their own dance sequence.

## Cool down

Cool down  
Time: ~ 10 min

**Instruct** each group to present its dance to the class.



# Space and imagination

Moving to music: Senior phase

## Accompaniment

### Intro ritual

Introduction  
Time: ~ 5 min

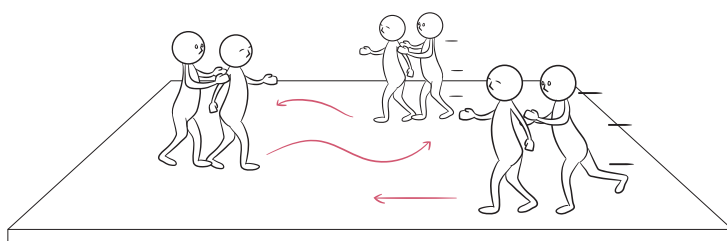
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

### Human marionette

Introduction  
Time: ~ 5 min

#### How to play

1. "Find a partner."
2. "Stand behind each other."
3. "The person at the back must move the front learner by touching his/her back or shoulders."
4. "Move around the room."
5. "Change directions often."
6. "Alter the rhythm of the movements of your partner, by exploring slow movements, fast movements and stopping movements."
7. "Front person, close your eyes and respond to the pressure of your partner only."
8. After 3 minutes: "Front person to the back. Lead your partner from behind."



### Formation game

Main part  
Time: ~ 10 min

#### How to play

1. "Today we are making shapes with the entire class."
2. "I will say the name of the shape, and you will have 30 seconds to make the shape with the entire class". After they have made the shape, let them dance around again.
3. "Dance around the movement area."
4. "Make a:
  - Egg formation
  - Zig-zag/ The shape of a lightning bolt
  - Pyramid
  - Number 5 on a dice
  - Triangle
  - Stairs (Use different levels)
  - Star formation."
5. "For the next round of the game, add a body part to your instructions. Make a:
  - Round formation with your arms
  - Triangle with your legs
  - Number 5 on a dice with your fingers
  - Star formation with your arms
  - Upper body (using fingers, arms, head, chest and shoulders)
  - Stairs with your lower body (using hips, legs, feet)."
6. "For the next round of the game I will add a number."
  - "Groups of 3, pyramid with your feet."
  - "Groups of 4, round formation with your fingers."
  - "Groups of 5, number 5 on a dice with your whole body."
  - "Groups of 6, zigzag with your legs."
  - "Groups of 7, stairs with your arms."

# Plan an event

Main part  
Time: ~ 10 min

## How to play

1. Place learners into groups of 5.
2. "In your group, design a dance about a special occasion."
3. "Choose a special occasion, for example, a:
  - Birthday
  - Wedding
  - Birth of a baby
  - New Year's Eve party
  - Christmas
  - Funeral
  - Prize giving or graduation."
4. "Think of your special occasion. What happens during these celebrations? How can you use dance movements to symbolise what happens?"
5. "Remember, this is a dance activity, and not a drama. You have to look like you are dancing the movements."
6. "Your dance must have 7 movements and an ending."
7. After 3 minutes: "Remember to use at least 3 different formations in your dance."
8. "You have 5 minutes! "Provide learners with approximately 10 minutes to practise their dance. "It is show time!"
9. "Sit where you are."
10. Give each group a chance to show its dance to the class.

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

1. "On your own, stride (take big long steps) through the room in your own speed."
2. "Do not make any contact with anyone."
3. "Walk for a while concentrating only on yourself."
  - "Feel the muscles that you use for walking."
  - "Feel your arms moving to the rhythm of your walking."
  - "Listen to the sound of your feet and your breathing as you walk."
  - "If you can imagine a sound for your arms striding through the air, what would it be?"
  - "Listen to that sound in your head as you walk."
  - "Make that sound softly as you walk."
  - "Walk slower and slower."
  - "Slow down until you eventually stop."
4. "Breathe in for 4 counts, breathe out for 4 counts. Repeat the deep breaths 3 times."



# Dances from around the world - India

Moving to music: Senior phase

## Accompaniment

- No accompaniment needed.

## Intro ritual

Introduction  
Time: ~ 5 min

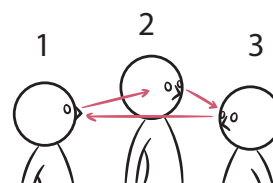
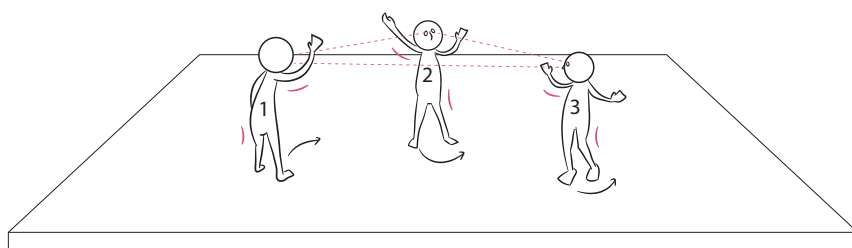
1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Eye contact

Introduction  
Time: ~ 5 min

### How to play

1. "Make groups of three."
2. "Everyone gets a number from 1 to 3."
3. "Number 1 tries to make eye contact with Number 2 of your group. Number 2 tries to escape Number 1's eye contact."
4. "Number 2 tries to make eye contact with Number 3 of your group. Number 3 tries to escape Number 2's eye contact."
5. "Number 3 tries to make eye contact with Number 1 of your group. Number 1 tries to escape Number 3's eye contact."
6. "Start with moving slowly around the room so you do not crash."
7. "Now start to move around in different form and ways and see, how long and in which positions can you escape the gaze."



## Dance styles from around the world

Main part  
Time: ~ 10 min

### How to conduct

1. "Today we are going to explore different music and dance styles from around the world. Who knows a music and dance style from another culture?" Let the learners who respond, show you what they know. Allow the rest of the class to copy their movements.
2. "Who knows a music and dance style from another country?" Let the learners who respond, show you what they know. Allow the rest of the class to copy their movements.
3. "Has anyone seen or heard music and dance styles from India?" Let the learners who respond, show you what they know. Allow the rest of the class to copy their movements.
4. "In India they dance a lot with their hands. They have more than a 100 different hand and finger positions."
5. "Can you think of 10 different hand and finger positions?" Give the learners some time to think and explore.

## Creative movement activity

Main part  
Time: ~ 15 min

### How to perform

1. Place learners into groups of 3.
2. "Design a dance where you incorporate these hand and finger positions. You must have a total of 7 movements, and you must use different levels and different formations."
3. "You have 5 minutes!" Give the learners approximately 15 minutes to practise their dance.
4. "It is show time. Sit where you are."
5. Instruct 2 groups to show their dance to the class at the same time.

## Outro

Cool down  
Time: ~ 5 min

### How to stretch

1. "Place your left hand onto your right shoulder. Swing your right arm forward and back. Feel how your joint moves and the tendons work together."
2. "Now, massage your right arm starting from the shoulder going to the fingers. Slowly knead it, feeling your muscles and bones."
3. "Change arms. Place your right hand onto your left shoulder. Swing your left arm forward and back. Massage the left arm all the way to your fingers."
4. "Breathe in for 4 counts, breathe out for 4 counts. Breathe in for 4, breathe out for 4. Breathe in for 4, breathe out for 4."



# Cultural dance

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Name game

Introduction  
Time: ~ 5 min

### How to play

Say your name to the beat and say what you like with a matching movement.

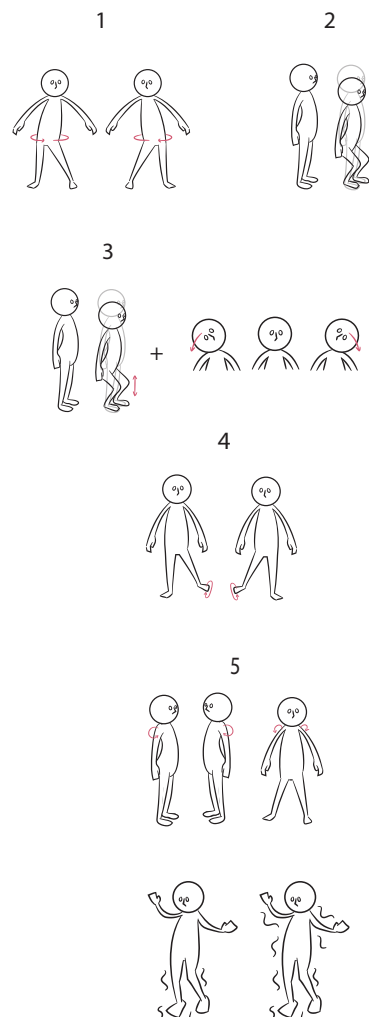
1. Make a circle.
2. Learners must walk on the spot to keep the beat (i.e. r – l – r – l).
3. Choose the starting person. "Say your name AND what you like in time to the beat. (E.g. "My name is Vuyo and I like to play cricket!")"
4. "Now say it again, and add your own movements to your words."
5. Let the whole class repeat the sentence and movements out loud.
6. Give each person in the circle a chance to introduce him/herself, what they like, and add his/her movements.
7. Each time, the learners must repeat the sentence and movements out loud.

## Mobilisation and isolations

Main part  
Time: ~ 5 min

### How to play

1. Hula hoops: Stand with your legs a bit wider apart and make hula hoop circles with your hips. Circle 5 times in one direction, then 5 times in the other direction.
2. Knee bounces
  - a. Stand with your feet apart.
  - b. Gently bend your knees behind your toes.
  - c. Gently stretch your knees.
  - d. Keep posture tall as you do the knee bounces.
  - e. Repeat knee bounces 8 times.
3. Neck movements:
  - a. Continue with the knee bounces and try to add your neck movements while you do the knee bounces.
  - b. Bounce your knees as you:
    - i. Look straight ahead for 4 counts.
    - ii. Drop your right ear to your right shoulder for 4 counts.
    - iii. Look straight ahead for 4 counts.
    - iv. Drop your left ear to your left shoulder for 4 counts.
4. Ankle twists: Lift one foot off the floor. Roll the foot in circles as you keep the leg and the knee still. Circle your ankles 5 times in one direction and 5 times in the other direction. Now, lift the other foot and repeat the same movements.
5. Shoulders:
  - a. Roll your right shoulders backwards 4 times.
  - b. Roll your left shoulder backwards 4 times.
  - c. Roll both shoulders simultaneously 4 times.
  - d. Repeat a-c with forward shoulder rolls.
6. Stand up
  - a. Shake out your feet, knees and legs.
  - b. Shake your body and arms.



## Cultural dance session

Main part  
Time: ~ 10 min

### How to play

Choose a traditional/cultural dance. If you do not know the dance, invite someone (i.e. community member, dancer or learner) to teach the dance to your class. Allow the person 10 minutes to teach the cultural dance to your class.

## Creative group activity: Cultural dance

Main part  
Time: ~ 10 min

### How to play

1. Divide your class into groups of 5.
2. Instruct your learners to create a dance. "Create your own cultural dance. Put a sequence together with 4 movements from the Cultural Dance Session and add 2 other movements."
3. Give the learners 10 minutes to work on their own dance sequence.
4. After 5 minutes: "Add a change of formation to your dance."

## Cool down

Cool down  
Time: ~ 10 min

Instruct each group to present its dance to the class.



# Moving to music

Moving to music: Senior phase

## Accompaniment

- Play/sing any song of your choice.
- Play any pace and rhythm of your choice.

## Learners are taking over the world!

Introduction  
Time: ~ 15 min

### How to conduct

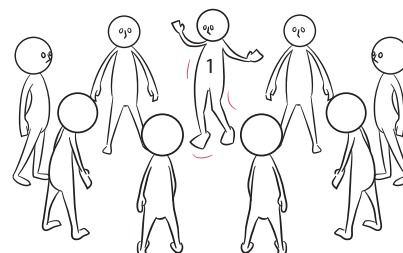
1. Go into groups of 5
2. "In your group, design a fun warm-up activity. Remember, the activity must be energetic and make you a little tired. It must also be fun! You may not use any of the activities you have done in class already. You must design your own."
3. Give learners 5 minutes to discuss this activity.
4. Thereafter, instruct your learners: "Prepare a demonstration of their activity for the class."
5. Give learners 3-5 minutes to prepare their demonstration.
6. Give each group a chance to show its activity to the class!

## Body percussion circle

Main part  
Time: ~ 10 min

### How to play

1. Stand in a circle.
2. Every learner must: "Create a short rhythm pattern using body percussion and movement. You can clap your hands, snap your fingers, slap your thighs, stomp your feet, add a turn, add a wiggle, add a jump or even add a run! Up to you!"
3. Appoint the first learner.
4. Instruct the rest of the learners to copy each body percussion movement combination. Keep a steady beat. Continue until everyone is comfortable with the rhythm.
5. Appoint the next learner to create a different rhythm pattern.
6. Give 7 learners a chance to share their rhythm patterns.



## Creative group activity: Body percussion sequence

Main part  
Time: ~ 10 min

### How to perform

1. Get into groups of 5.
2. "Design a dance with dance movements, body percussion and interesting rhythms."
3. "You need at least 6 different movements."
4. "You must change formation twice (two times) during your dance."
5. "You must include high movements and low movements on the floor."
6. "Add an ending."
7. Give learners 10 minutes to prepare their dance.

## Cool down

Cool down  
Time: ~ 5 min

**Instruct** each group to present its dance to the class.





# Dances from around the world - Russia

Moving to music: Senior phase

## Accompaniment

- Drum first at a fast walking pace then at a running pace.

## Intro ritual

Introduction  
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Rhythm catcher

Introduction  
Time: ~ 5 min

### How to play

1. Choose 2-3 catchers. Give the catchers something to identify them as catchers i.e. colour bands
2. Choose someone to play the drums at a fast walking pace.
3. "You are allowed to move to the rhythm of the beat only."
4. "Catchers, catch the learners. If you catch someone, he/she becomes the catcher. Give them the marker to be catcher.
5. After a while, let someone else play the drum to a running pace.

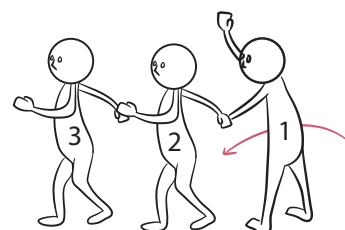
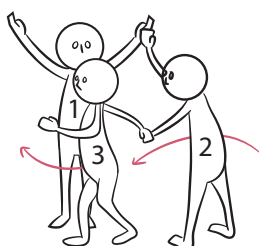
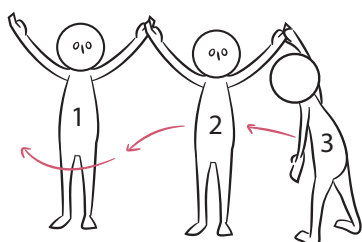
## Russian troika dance

Main part  
Time: ~ 25 min

### How to perform

Orientation:

1. "Today we are going to learn a Russian dance! But first, we need to practise some movements."
2. "Stand in lines of 3 holding hands."
3. "The person on the left and the middle person must lift up their arms."
4. "Person on the right must walk underneath the lifted arms, while still holding hands."
5. "The person in the middle may have to follow underneath to unwind the arms."
6. "If you did it correctly, you should be back in your line of 3."
7. "We are going to call this the weave."
8. Let the learners practice the weave 4 times.
9. "Can you weave the other way? Let the person on the right and in the middle lift their hands. Person on the left, you must weave through."
10. "Weave to the right 4 times."
11. "Can you weave once to the left, and weave once to the right?"
12. "In the dance, you will weave once to the left and once to the right."



# Russian troika dance

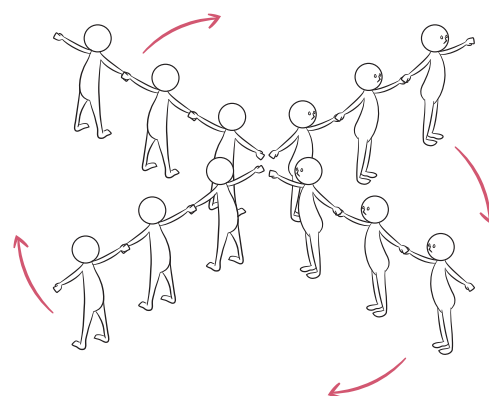
Continued

The dance:

1. "In your line of 3, connect with 3 other lines of 3 to stand in a star formation. Your star formation will have a total of 4 lines of 3."
2. "In your star formation, gallop 16 steps around in a circle."
3. "In your line of 3: weave!"
4. "In your lines of 3: make a small circle."
5. "Take 12 steps to the right of your circle and stamp your feet 3 times."
6. "Take 12 steps to the left of your circle and stamp your feet 3 times."
7. "Join your group of 3 to the larger star-formation."
8. "Drop down to kneel, jump up."
9. "Drop down to kneel, jump up."
10. "Practise the entire dance 4 times."
11. If you like ask the drummer to accompany the movements. This can also be performed in silence or with the clapping of the teacher. No accompaniment is necessary.

Choreography:

- 16 gallop steps in the big circle to the front
- Weave to the left weave to the right, small circle
- 12 steps to the right
- 3 stamps
- 12 steps to the left
- 2 stamps
- 2 x drop down to kneels and jump back up again



## Outro

Cool down  
Time: ~ 5 min

## How to stretch

1. "Find a partner."
2. "Choose who will roll down first."
3. "Person 1, slowly roll down your spine."
  - "Drop first your chin on your chest."
  - "Relax your shoulders and pull towards the ground."
  - "Now your chest and upper body make a hunch back."
  - "Bend knees. Relax our head and neck."
  - "Let your arms hang lose to the ground."
4. "Person 2, gently swing person 1's upper body from side to side. Make sure that he/she relaxes his/her neck and arms."
5. "Person 1, slowly roll your spine back up."
  - "Stretch your knees."
  - "Roll your upper body up slowly, vertebrae by vertebra."
  - "Stand up straight with your shoulders relaxed."
  - "Lift your head slowly and look in front of you."
  - "Change places."
  - Repeat again with person 2 rolling down.
6. "Breathe in for 4 counts, breathe out for 4 counts."



# Dances from around the world - Fusion

Moving to music: Senior phase

## Accompaniment

- Use drums or play any song of choice.
- Drum at any speed and rhythm you like.

## Intro ritual

Introduction  
Time: ~ 5 min

1. "Stand in two lines on opposite sides of the room."
2. "Greet a person on the other side of the room with a movement of your choice."

## Freestyle circle

Introduction  
Time: ~ 5 min

### How to play

1. "Make two circles."
2. "Take turns to enter the circle. You can enter the circle alone or with a partner. Explore different kinds of movement: slow movements, fast movements, strong movements, gentle movements, high movements, low movements, Haka movements, Indian movements, Russian movements and your own movements."
3. "The circle must copy the movements of the person in the middle."
4. Drum or play any song. Let the learners dance around for approximately 4 minutes.



## Activity

Main part  
Time: ~ 10 min

### How to conduct

1. "Today, we are going to play around with more styles of dance from around the world."
2. "Previously, we explored the Haka from New Zealand. Show us a movement."
3. "We also learnt about the hand and finger movements of Indian dance. Show me some hand and finger positions as you move."
4. "We also learnt a Russian dance."
5. "In our country and in our community, we also have our own styles of dance. Who can show us a dance style you enjoy with your friends?" Let the learners who respond, show you what they know. Instruct the rest of the class to copy their movements.
6. "Who can show us a dance style you enjoy with your family?" Let the learners who respond, show you what they know. Instruct the rest of the class to copy their movements.
7. "Who can show us another dance style you have seen around in this area?" Let the learners who respond, show you what they know. Instruct the rest of the class to copy their movements.

# Creative movement activity

Main part  
Time: ~ 15 min

## How to conduct

1. Place learners into groups of 5.
2. "Design a dance that includes movements from 4 different dance styles from around the world."
3. "In total, you must have 8 movements. 2 movements per dance style."
4. "Make sure your choice of movements flow from one movement into the next to form a continuous movement sentence."
5. "Change formation and use different levels."
6. "You have 10 minutes!" Give learners approximately 10 minutes to design their dance.
7. "It is show time. Sit where you are."
8. Instruct each group to show its dance to the class.

## Outro

Cool down  
Time: ~ 5 min

## How to stretch

As teacher read these instructions in a calm voice:

- "On your own find a spot in the room."
- "Stretch like you have just woken up, yawning."
- "Stretch your arms to the sky."
- "Make your back long."
- "Stretch your fingers."
- "Stretch for one minute."
- "Now lie down on the ground."
- "Stretch like a cat."
- "Stretch and pull your toes."
- "Stretch your legs and knees."
- "Stretch like you just woke up in bed."
- "Stretch like that for one minute."
- "Relax everything and feel the blood stream in your veins. Feel your heart beat and feel your pulse."
- "Slowly get up and take in your surroundings."

"Breathe in 8 counts, hold breath for 4 counts and breathe out 8 counts."



# Assessment: Moving to music

First and last name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

**Rating:**      **3 points:** Meets the expectations with excellence

**2 points:** Meets the expectations

**1 point:** Meets not all the expectations

**0 points:** Didn't meet any expectations

	Term 1	Term 2	Term 3	Term 4
1) Participation				
2) Creativity				
3) Coordination				
4) Musicality / Rhythmic ability				
5) Togetherness (being in sync.)				
6) Social interactive skills				
7) Physical endurance / concentration				
<b>Total points:</b>				
<b>Mark:</b>				

General comments: \_\_\_\_\_

Rating Code	Description of Competence	Percentage
7	Outstanding achievement	80 - 100
6	Meritorious achievement	70 - 79
5	Substantial achievement	60 - 69
4	Adequate achievement	50 - 59
3	Moderate achievement	40 - 49
2	Elementary achievement	30 - 39
1	Not achieved	0 - 29

# GOOD LUCK!

