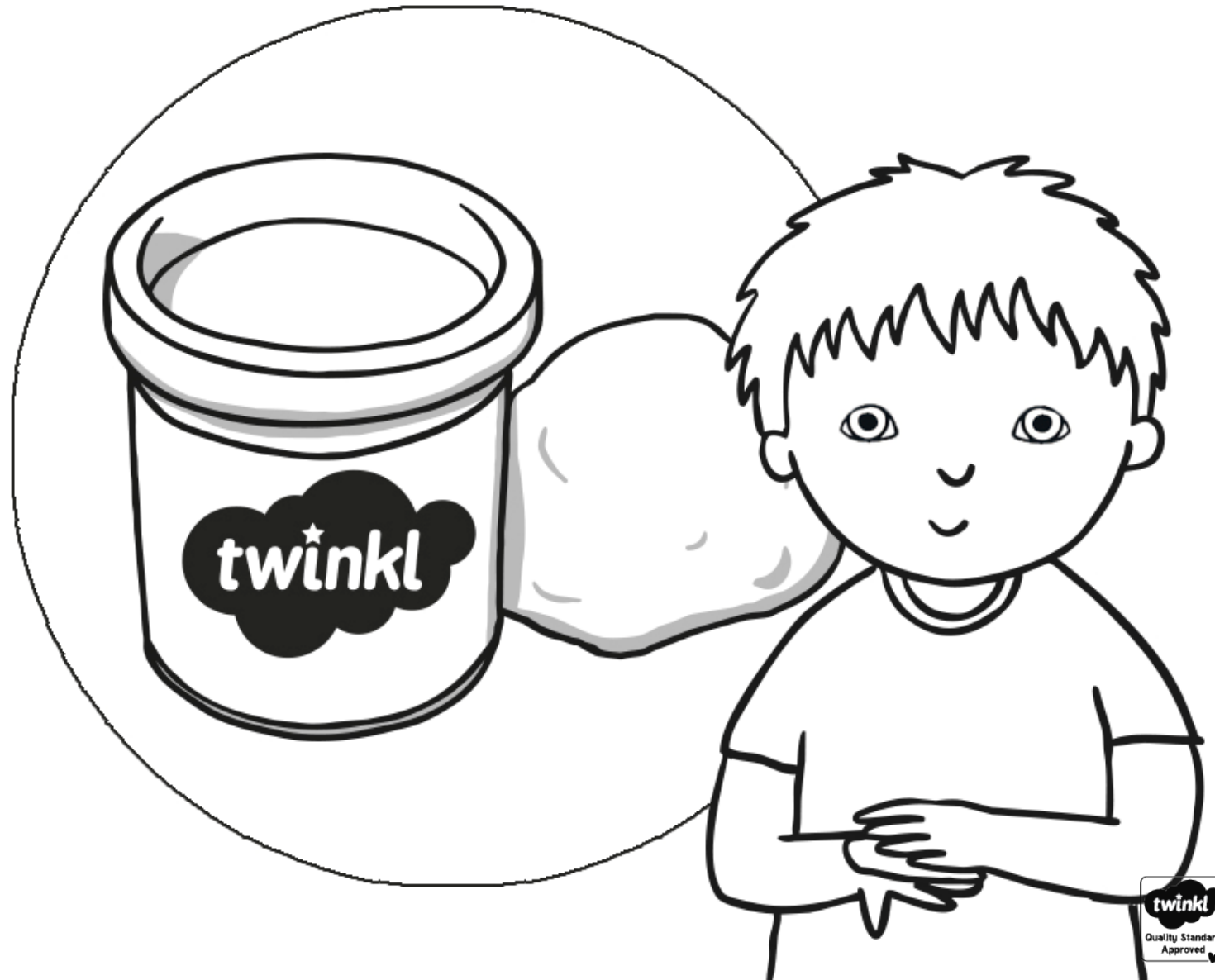


Playdough



Aim

- I can change the speed, weight and size of my movements.

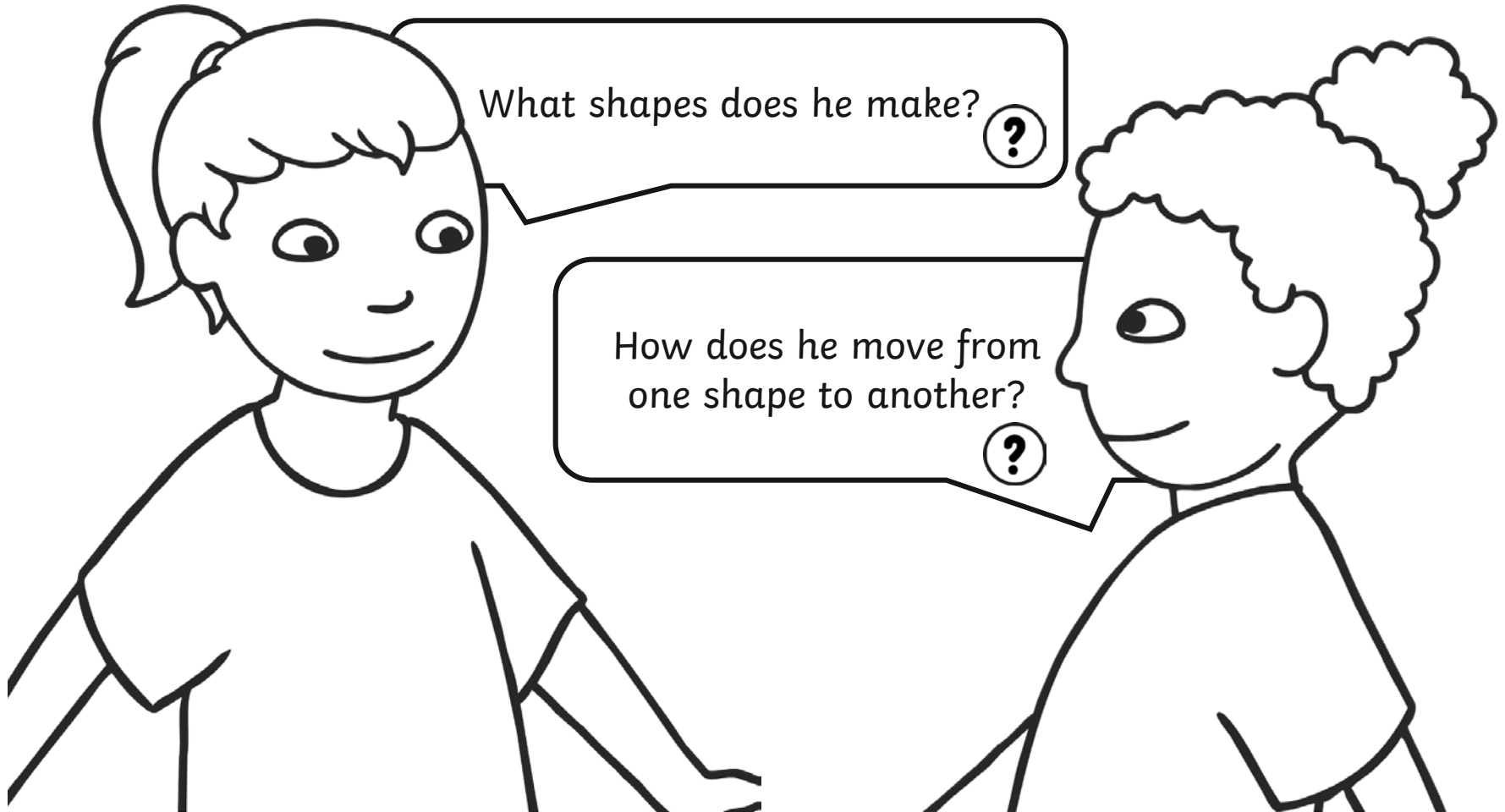
Success Criteria

- I can make myself into different-sized shapes.
- I can move in different shapes with light and heavy movements.
- I can move smoothly from one shape to another.
- I can change shape quickly and slowly.

WatchIt:



Watch a video clip of 'Morph'.

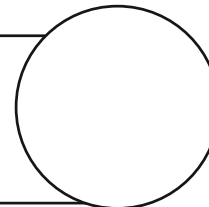




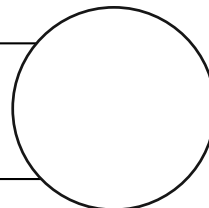
Warm-Up: Rolling, Rolling, Rolling



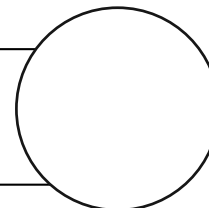
Before you can use playdough it needs to
be rolled out.



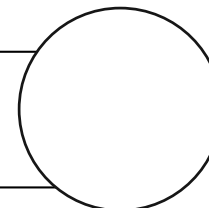
Pretend to be a piece of playdough.



How many different ways can you roll?



Try rolling at different speeds.



Mouldit



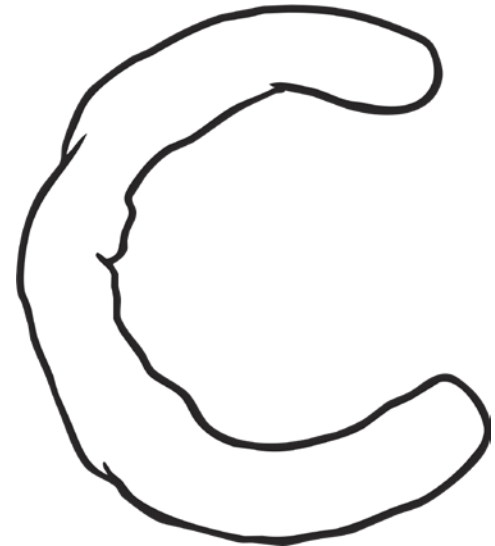
What shapes would you be if you were playdough? ?

Can you move in your shape? ?

How many different shapes can you make? ?

Try moving with light and heavy movements.

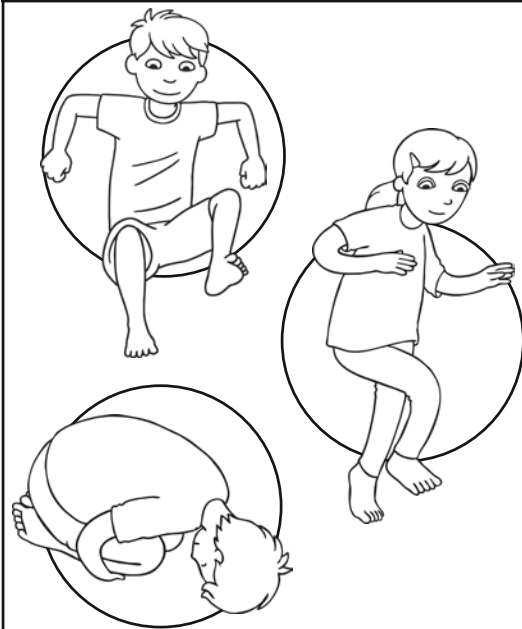
Try making wide, thin, curved, straight, spikey, high and low shapes.



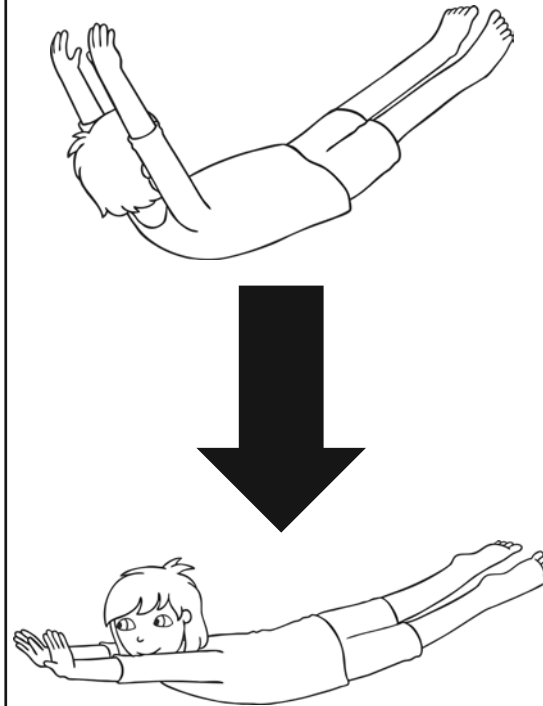
Shape and Roll



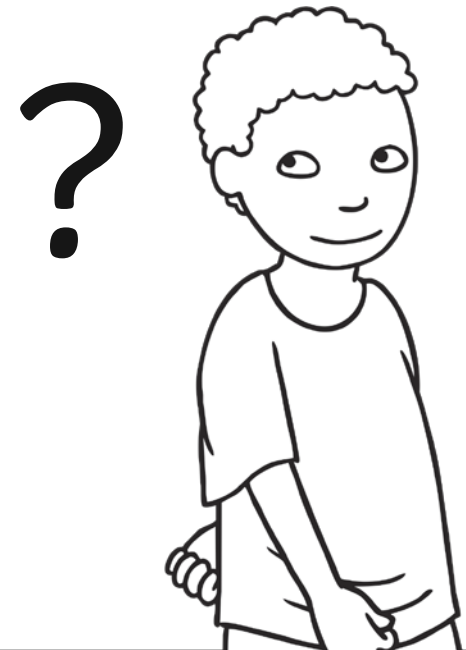
Choose three shapes to make and different ways and speeds to roll.



Practise rolling from one shape into another.



How can you transition more smoothly from one movement or shape to another?



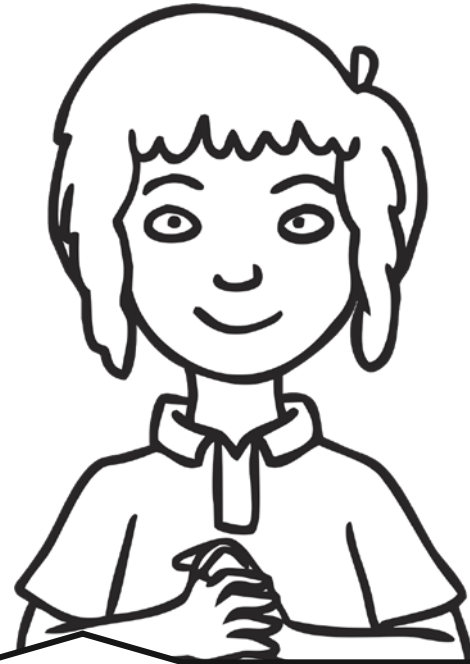
Roll a Friend



Find a partner. One of you is the playdough, the other is the person moulding them.

You need to work out ways of communicating with your bodies.

You might make a shoving motion with your hands to suggest you are rolling your partner into a long thin shape or spin your hand on top of their head to show you are rolling them into a ball or pretend to push down to make them into a flat shape.

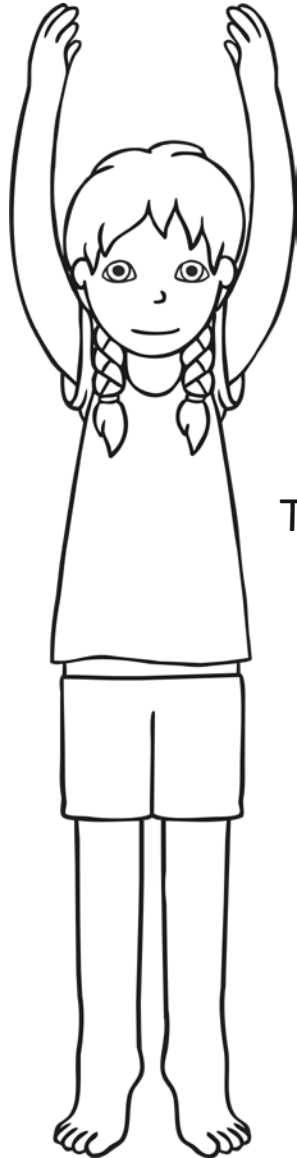


How can you show your partner that you want them to move faster or slower?



Swap over.

Cool-Down: Stretchy Dough



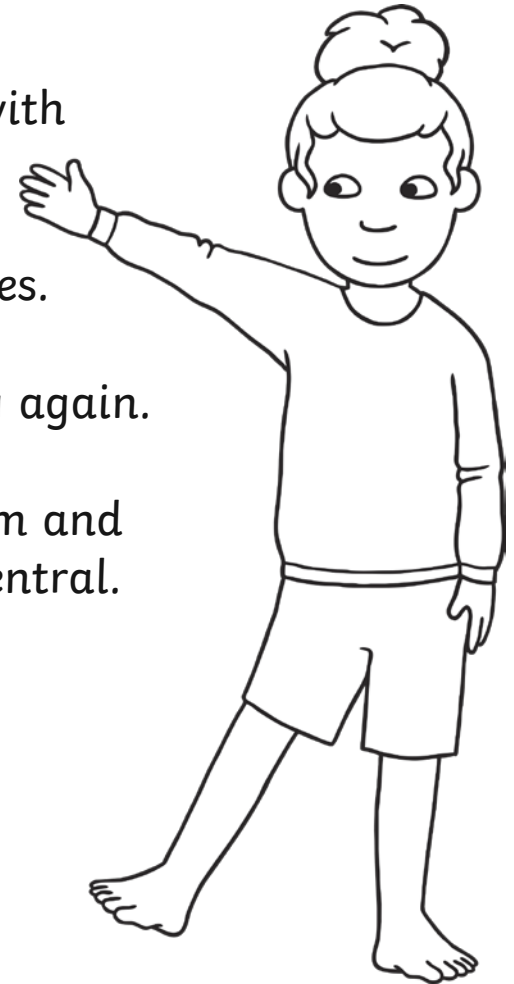
Find a space and stretch up tall with long arms on tiptoes.

Slowly roll down to touch your toes.

Then very slowly come up to standing again.

Stretch out to one side with your arm and then the other, keeping your body central.

Now do it again.



Plenary



How does your body feel after dancing?

