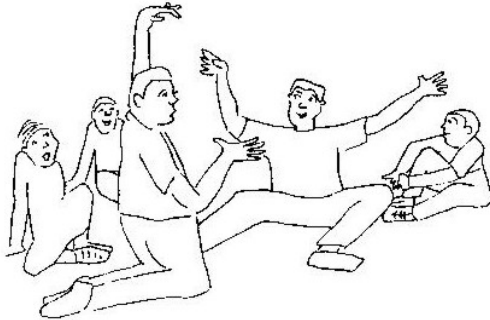


ACTIVITY THREE: DANCING, MOVING, SHAKING

Following on from Activity One and Activity Two, learners dance, move and shake in this **ARTS AND CULTURE** lesson! They will need to draw on the earlier discussions and activities around water, their own personal experiences and their imaginations!



Create a physical space that encourages participation. If you are in a classroom, clear the desks and chairs to the side to create an open space. Make sure there is place for everyone to move or sit in a circle.

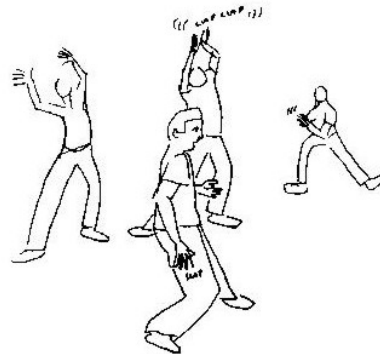
Warming Up

It is a good idea to take the class through some warm-up activities. Warming up in drama is more than just a physical warm-up, it also helps to build a group spirit and

encourages the learners to focus (if they are too active it helps calm them down, if they seem lethargic and lazy, it will help you to energize them!!)

Warming Up 1: Walking around the space

1. Everyone in the class should walk around the space that you have created. Each child can walk in any direction they like and change direction as often as they want to. However, they must be careful not to bump into other learners.
2. Each time you clap your hands, the learners must change direction.

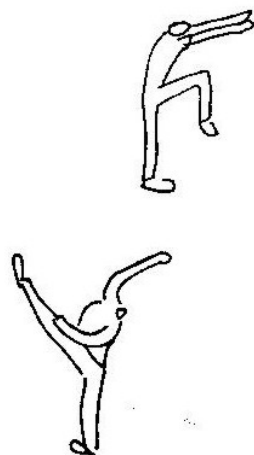


Warming Up 2: A physical shake-up

1. The class stands in a circle, facing each other. (You may like to stand in the centre of the circle to demonstrate your instructions).
2. They must imagine there is a big bowl of water right in front of them.
3. Everyone in the circle should stick their fingers into their imaginary bowls.
4. The learners must bring their fingers out of the water and flick and shake all the water off. Flick it up to the ceiling ... and down to the ground... and to the left ... and to the right.
5. Next, learners put their hands into their imaginary bowl of water, up to the wrists. Again, as they bring them out, shake the water all over ... now their wrists are being shaken and their fingers are being shaken.
6. Then they need to put their arms into the imaginary water, up to the elbows ... and bring them out ... and shake ... elbows, wrists and fingers.
7. Keep going ... adding the shoulders .. then the left leg ... then the right leg ... until eventually the children jump into the imaginary bowl of water, covering their whole body with water and when they jump out, they shake their whole body! An invigorating way for the children to loosen up!

Now that the children have done a couple of warm-up activities, read out the following instructions. If you need to demonstrate first, read the instruction and then demonstrate but try to encourage the children to be creative and let them know that they can make a contribution to the drama without being laughed at.

- Drink a glass of water
- Brush your teeth
- Wash your face
- Have a shower
- Wash a car or a bicycle
- Wash the dog!!
- Catch a fish in a net!
- You are walking on ice – it's slippery and you have to make sure you don't fall or bump into anyone else
- Put your skating boots on - remember to tie the laces tightly!
- Skate on ice
- Swim across a river
- Jump from one puddle to another puddle
- Do you remember the otter from the earlier lesson? Ask the children to swim like an otter would – from side to side - playing in the water, catching a crab or a fish.



Now, with everyone sitting in a circle, ask the learners what they enjoyed the most (you may need to remind them by going through the list above). Let them describe one or two actions that they enjoyed.

Criteria to assess learners during this arts and culture lesson

Criteria	Exceeded requirements of the Learning Outcome	Satisfied requirements of the Learning Outcome	Partially satisfied requirements of the Learning Outcome	Not satisfied requirements of the Learning Outcome
Responded to movement instructions				
Did not bump into other learners				
Crossed the mid-line during the drama activities				
Talked about own dancing using action words				