# **Composition Activities**

# **Flocking**

Students work in small groups and improvise a short movement sequence while one student leads and the other students follow. Students can flock in a variety of formations (e.g. diamond, triangle).

#### Theme Inspired **Improvisation**

Facilitate improvisation by offering themes related to animals, weather, shapes, emotions, etc. Music can be added as an additional source for expression. Offer key

#### Character **Exploration**

Students study a role model e.g. parent, friend, community leader; analyse their gestural movements and connect them to elements of dance.

### **Crazy Chain**

Students will create shapes with their bodies. Taking turns they will attach and link onto the chain. Once all are attached the first person will run to the front of the chain to start a new round of improv shapes

# Composition **Activities**

#### Chance Choreography

Randomly pick elements of dance: body, energy, relationship, space and time (e.g. hip, twisted, sustained, dancer to dancer, large amount of space, rhythmic). Create movements using this recipe for composition.

## **Contact Improvisation**

Students use spontaneous movement while dancing in pairs to explore the elements of dance. Students can begin by using mirroring. Once students feel comfortable with each other they can explore transferring their weight

## **Site Specific** Choreography

Students use a site around the school with an architectural inspiration (e.g. baseball field, stairway, and window). Students create movement inspired by this location