



CREATIVE TASK 1

5-WORD DANCE

Items needed for this task:

- Pen
- Paper
- Creative Words

Step One – Create your dance words

Think of 5 creative movement words and write them down on individual pieces of paper and lay them on the floor in front of you.

(e.g. *Jump, twist, tiptoe, slide, roll*)

If you are struggling to think of any words of your own, you can find inspiration in our *Word Bank*.

Step Two – Think of a move

Go through each word you have chosen and come up with a few different moves you can do using that word.

For example: With the word Jump you can jump forwards or to the side, jump to a low position or jump and make a crazy shape in the air.

Once you have had a play, choose your favourite move for each word. This should leave you with 5 different moves.

Step Three – Create an order

Now it's time to come up with an order that you would like to perform your 5 moves in. Move your word cards around until you come up with an order that you like. Remember, some moves might link better with others. Once you are happy, rehearse it so that you can remember it.

Practice going through your 5-Word sequence until you don't need to keep looking back at your word cards.

Step Four – Make it flow

Now you know your 5-word phrase, start to think about how the moves might link with each other. Try and think of interesting ways that you can link your movements together.

For example: If you jump to the floor and your next move that you have chosen is standing up on your feet, rather than just standing up, a more interesting way of getting up could be a hook jump up or maybe adding an extra spin.

Step Five – Perform and Share

Put on some music and share your “5-Word Dance” with somebody in the house. Get them to record it and send it to us at Ascension Dance. We would love to see what you come up with.

