

THE DEN WEEK #FIVE

ALL BOYS DANCE | ONLINE

WELCOME to your fifth
A.B.D challenge.

Learn This! #2

For week five we are happy to present to you a second injection of Learn This.

We have also given the option of an added creative task for those who are really enjoying this element of The DEN.

(To be supervised by an adult).

#1 - Grab a pen and 4 pieces of paper.
(They are only going to be used for 4 words)

#2 - Warm Up 5/10min. Jogging, skipping, small jumps anything that gets the body temperature and heart rate up.

- Loosey-Goosey 5/10min, explore gently all joints and spine, paying particular attention to Ankles, Knees, Hips, Wrists and Shoulders. Play with big and small circler movements in these areas along with wiggles, shakes and soft flicks.

#3 - Follow the Link:
<https://vimeo.com/436554344/341c5a9634>

#4 - Set your moves, add music, film and share!



SUGGESTIONS :

TRANSITIONS - Explore actions that can be used to help you move from one move to the next: MELT, SLIDE, BALANCE, FALL.

HOW - Explore how are you doing ALL your moves, are they: FAST, SLOW, BIG, SMALL, SHARP, SOFT, HEAVY OR LIGHT? Maybe you can play around with these and see how they change your movement?

MUSIC - Dance your new solo to some music you already know. Then have a play with new music. The new music may even make you move in a new and exciting way?



LINKS / UPLOADS

If you want to share any of your film clips or pictures with us (and happy for us to use them on social media) you can email: Getcreative@hallforcornwall.org.uk or search for the A.B.D. Facebook page [A.B.D. All Boys Dance](#) and upload your own things there. Please note by uploading or sending images and film you give permission for them to be on social media.

OTHER INTERESTS

Home is where the he(art) is..
a selection of interactive and engaging things...
Find out more at www.hallforcornwall.co.uk or follow Hall For Cornwall on all social media.



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