

# THE DEN WEEK #FOUR

ALL BOYS DANCE | ONLINE

WELCOME to your forth  
A.B.D challenge.

**BIG and SMALL**

For week four we are excited to see what you can create using props!

*Props are objects that dancers manipulate or use to enhance their dance.*

**(To be supervised by an adult).**

- #1 - 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**.
- #2 - Find a **BIG** or **Small Prop** (Look at Suggestions).
- #3 - Starting **small** and **steady** begin to explore how you can move with the prop. You can even use some of your ideas from last weeks **Over, Under and Around**. Look at what your chosen prop can offer?.. eg a ball it can **bounce, roll** and be **caught**. You may wish to mirror these actions in your movement, whilst move with , on or around the ball?
- #4 - Once you have had a play, see if you can set your ideas into a short solo.
- #5 - If you have used a small prop now repeat the process with a big prop.
- #6 - Set , add music, film and share!



## SUGGESTIONS :

**PROP'S** - Think about objects that are easy to access and use for starters such; **a ball, a towel, a pillow, a chair, a water bottle, an umbrella**..but be sure to pick sensibly, nothing sharp, heavy or can do damaging to you and your environment... **be safe!**

**TRANSITIONS** - Explore **actions** that can be used to help you move from one move to the next: **ROLL, JUMP, SLIDE, BALANCE, HOP, FALL**.  
- These actions maybe influenced by your prop or how you use the prop. To find out what some of these maybe, you can make lists that describes: what the prop **looks** like, what the prop is **made** out of and how it is **used**. These answers could then feed into your movement.

**EXTRA LAYERS** - You could do the opposite to the lists, giving you a more abstract (different) way of seeing and using the prop.  
- Try different props to see find one that works best for you.  
- Look at the dance with and with out the prop, see what changes. You could even dance half with the prop, then half with out.

**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](mailto: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..**

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