

SHAPING

Have fun moving this poem

Stand in neutral
Stretch slowly into a shape
Curl into another
Now POP! into a shape
Swing into another
Slash into a shape
Melt slowly into another
Spin into a shape
Jump into another
Slink into neutral
And relax.

Teacher's guide

This poem and the related learning activities could be used as a simple physical warm-up or developed into a larger unit of work. The activities can be adapted to suit students from level 1 to level 8.

Learning activities

Learning activities using this poem may include:

- asking the students to use different body parts, levels, size, or direction for each line of the poem
- substituting selected words of the poem with other actions or qualities, such as 'collapse', 'rise', 'breathe', 'pounce', 'shimmer'
- exploring various ways of presenting the poem:
 - as a pair activity
 - in small groups
 - two large groups (halve class) – moving on alternate lines at a time
 - moving from individual to group and back to individual
- putting movement sequences developed from the poem to music
- developing movement sequences from the poem and exploring various ways of structuring this movement material
- performing actions or sequences as a canon, using call and response
- adding a prop, sound effect(s) and/or body percussion to the movement sequences
- sequencing and rehearsing movements as a continuous piece of dance work, for example setting the work to an appropriate piece of music (with no stopping between lines) and then performing the dance work for others in the class
- performing the dance sequences developed from the poem in a different, confined, or unusual space
- asking students to write their own poems, then create, rehearse, and perform their own poetic movement sequences.