

Joins

This activity helps thinking by using movement and helps you to be aware of how you can move in lots of different ways.

Step 1. 'Get out of the way'

Stand in a balanced but relaxed posture, with equal weight on each foot and feet slightly apart. For this activity you have to imagine that your feet have big heavy weights on them and they cannot move. You also have to keep your balance and not fall over.

Your helper holds a piece of dowel, or a broom stick and moves it towards you like an arrow so that the end of the stick is aimed at you. You have to move your body so that the stick does not hit you, but you cannot move your feet and you must not lose your balance or fall over. For example the stick may be coming straight towards the middle of your chest - how can you move your body so that the stick does not hit you. Now the stick will again come towards you in the same way - can you move your body in a different way to the way you moved previously, so that the stick doesn't hit you.

You should be able to think of at least 5 different ways to dodge the stick when it comes at you from any direction.

Notes for helpers:

Try not to tell them how they could move to avoid being hit by the stick. This is a discovery exercise where they have to think of different ways in which their body can move. It is really important that they work this out for themselves.

For each way you aim the stick at them they should be able to think of several ways to move out of the way so that the stick does not hit them. Start with a basic movement of the stick so it goes like an arrow directly towards the middle of the chest. If they can move out of the way (without moving their feet) repeat the same movement of the stick and ask them to move in a different way to dodge the stick. Repeat the same movement of the stick at least 5 times, encouraging them, (but not telling them how to) get out of the way of the stick in different ways.

Possible directions for the stick to move towards them could be:

1. Directly towards them from the front, or back, aimed at head, chest, waist, knees, thighs....
2. Move stick top left to bottom right, diagonally downwards towards them aimed at head, chest, waist... or top right to bottom left diagonally.
3. Move stick from bottom left to top right diagonally upwards, or bottom right to top left.
4. Move stick from left or right side directly at them, aimed at head, chest, thighs...