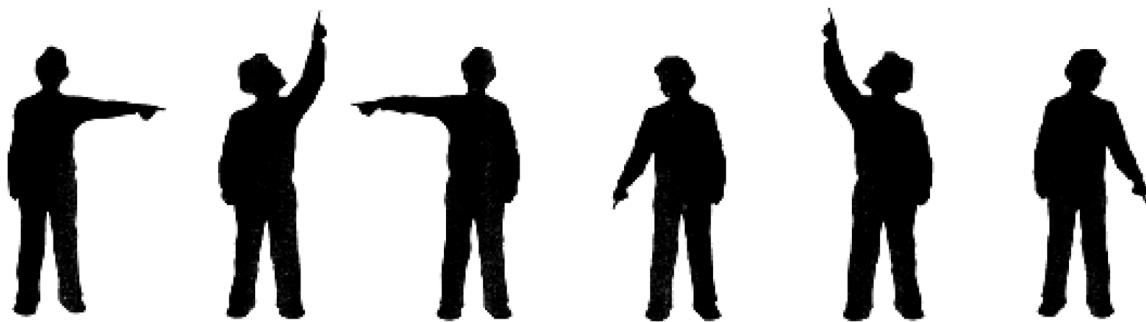


# Pointing

This activity reinforces your knowledge of naming directions especially left and right.

## **Step 1. Silhouette chart**

Stand in a balanced, but relaxed posture, with feet slightly apart and equal weight on each foot. Place your arms by your sides. Attach the silhouette chart to a wall, at eye level, about 2 metres (7 feet) in front of you. **Assume the silhouette figures are facing the same way as you.** Look at each silhouette, say which way it is pointing and at the same time point your arm in the direction it is pointing. It is important that this activity is done slowly and accurately.



For the line of figures above you would.

1. Point your right arm to the right and say 'right'.
2. Point your right arm up and say 'up'.
3. Point your left arm left and say 'left'.
4. Point your left arm down and say 'down'.
5. Point your left arm up and say 'up'.
6. Point your right arm down and say 'down'.

Look at the first figure. Say which direction it points and move your arm in the same direction. Return your arm back to the starting position, then call the next figure, while moving your arm. Continue along each line of silhouettes, calling the direction and moving your arm in the same direction.

**Your goal is to correctly call the direction for each silhouette and move your arms accordingly, for the whole chart.**

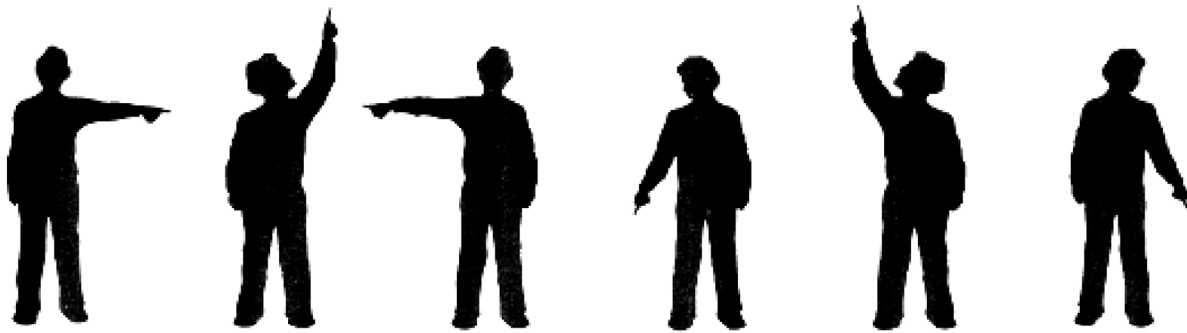
## **Step 2. Silhouettes to a beat**

Click on '**Beat**' at the top of this screen. The beat will be set at 1.0 second. Now say the direction each silhouette is pointing and move your arm in the same direction, in time with the beat. This is done slowly so that on the first beat you say the direction it is pointing, while moving your arm in the correct direction. On the second beat move your arm back to your side. On the next beat call the direction the next figure is pointing and move your arm accordingly, etc...

**Your goal is to correctly call the direction for each silhouette and move your arms accordingly, in time to the beat, for the whole chart.**

## **Step 3. Silhouettes facing opposite**

**Assume the silhouette figures are now facing towards you.** Look at each silhouette, say which way it is pointing and at the same time point your arm in the direction it is pointing. It is important that this activity is done slowly and accurately.



For the line of figures above you would.

1. Point your left arm to the left and say 'left'.
2. Point your left arm up and say 'up'.
3. Point your right arm right and say 'right'.
4. Point your right arm down and say 'down'.
5. Point your right arm up and say 'up'.
6. Point your left arm down and say 'down'.

Look at the first figure. Say which direction it points and move your arm in the same direction. Return your arm back to the starting position, then call the next figure, while moving your arm. Continue along each line of silhouettes, calling the direction and moving your arm in the same direction.

**When you have practiced this turn on the beat, and call and point in time to the beat.**

**Your goal is to correctly call the direction for each silhouette and move your arms accordingly, in time to the beat, for the whole chart.**