

PAN GU

This narrative dance is inspired by a Chinese creation story. Children work individually, developing body and spatial awareness and using the full range of actions and dynamics. In the final section of the dance, children work in 3s to create landscapes and rivers.

Specific Learning Outcomes

- Perform a range of actions expressively using dynamic qualities to illustrate the dance idea.
- Show sensitivity to others.
- Create and select appropriate actions, space and dynamics in martial arts style.

Stimulus

The Chinese creation story of Pan Gu.

Resources



The story (see Resources folder in this web resource).

Accompaniment

Percussion, spoken word, *China* by Vangelis or extracts from *Crouching Tiger, Hidden Dragon* film score.

Content

- Variety and contrast in dynamics
- Body and group shape
- Tension and control, use of centre
- Spatial awareness
- Martial arts actions
- Leading and following

Assessment

- Peer-to-peer and group-to-group evaluation.
- Take digital photos of landscape trios.
- Videotape the complete dance, self-evaluate and assess.

Curriculum Links

- R.E.: Creation stories.
- Geography: China; landscape features
- Literacy: Stories from other cultures
- Art: The body as landscape

Possible Unit Structure

- Lesson 1: Read the story and pick out ideas to interpret in dance; create The Birth of Pan Gu and the breaking free phrase.
- Lesson 2: Recap and refine the two sections so far; create the sky and earth section; peer evaluation.
- Lesson 3: Recap dance so far and create landscape trios.
- Lesson 4: Rehearse the complete dance, videotape and self-evaluate or perform to an audience.

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PAN GU (continued)**Possible Dance Structure**

- The birth of Pan Gu—inside the egg
- Breaking free with a martial arts phrase
- Sky and earth
- Landscape trios

Warm-up

- Lead a warm-up that focuses on body awareness.
- Mobilise all the main joints and include bending and stretching.
- Practise following the leader: travel, turn, jump, roll.

Tasks	Teaching Points
The birth of Pan Gu: <ul style="list-style-type: none"> • Make small, rounded egg shape (on backs, sides or fronts). • Show breathing by expanding and contracting from the centre of the body. • Increase the size of the movement each time, keeping it slow and controlled. • Pan Gu awakens and begins to feel the shape enclosing him with small, careful hand gestures in different directions. • Movements become more confident and fluid (like tai chi); begin to stand. • Bend, stretch and twist as the egg shape gets bigger and gestures swirl. 	<p>Use a rain stick as accompaniment.</p> <p>Pick out good examples to show smooth controlled movements and demonstrate different interpretations.</p> <p>Use bells or a tambourine as accompaniment.</p> <p>Encourage children to define the shape of the egg that contains them.</p> <p>Use a cymbal for accompaniment.</p>
Breaking free: <ul style="list-style-type: none"> • Explore punches and kicks with direct, strong, sudden actions in different directions. • Select a number of actions to develop into a phrase that can be repeated. Include travel, turn and jump and slower, smoother preparation actions as a contrast. • Peer evaluation of the punch and kick phrase. 	<p>Use a tambour as accompaniment.</p> <p>Use edges of hands and flexed feet; make clear body shapes.</p> <p>Select good examples to demonstrate.</p> <p>Look especially for good facial expression.</p>
Sky and earth: <ul style="list-style-type: none"> • Turn and travel lightly to finish high (sky) then repeat to finish low (earth). • In a strong position with legs apart, push slowly upwards as if pushing a huge weight. • Collapse in slow motion, allowing the floor to absorb weight softly. • Create a landscape (interesting shape) with the body; use angles and curves. • Practise and refine the dance so far and perform to recorded accompaniment. 	<p>Maintain a firm base and lots of body tension.</p> <p>Talk about possibilities: deserts, hills, mountains, cliffs, water, forests.</p> <p>Use a tambour to cue each phrase.</p>

(continued)

PAN GU (continued)

Tasks	Teaching Points
<p>Landscape trios:</p> <ul style="list-style-type: none"> • In 3s create a group landscape with different levels and contrast. • Practise moving in and out of position smoothly and with control. <ul style="list-style-type: none"> • Group evaluation. • In same trios, practise following the leader along curving pathways with watery flowing movements (for streams and rivers). 	<p>Each dancer creates a different shape that fits with the other two.</p> <p>Try moving into and out of group shape one at a time.</p> <p>When they collapse as Pan Gu, the children need to be near their trios. They could roll towards each other in order to create the group landscape.</p> <p>Look for interesting and connecting shapes and different levels.</p> <p>Digital photos would also show how effective these group shapes look.</p>
<ul style="list-style-type: none"> • Half the groups create landscapes while the other groups wind in and out then swap roles. • Link the two parts of the dance: solos and trios. • Practise and perfect. • Share with another class. • Videotape for self-evaluation and assessment. 	<p>Use the specific learning outcomes.</p>