

FAST FORWARD AND REWIND WARM-UP

This idea, using cyber commands, engages older pupils because it has the challenges of a game and allows individuals to give commands.

Ages

Years 5 and 6.

Accompaniment

Use techno music with a steady beat.

Formation

Spread out around the space.

Description

You (or one of the children—they could take turns) give the following commands in any order, with plenty of repetitions:

- **Forwards:** Walk forwards on the beat but change direction frequently and don't follow anyone else.
- **Rewind:** Walk backwards on the beat but change direction frequently and don't follow anyone else; look behind to ensure safety.
- **Fast forwards:** Walk quickly without running.
- **Slow motion forwards and rewind:** How slowly can you move? Exaggerate arm and leg gestures and show good control.
- **Pause:** Stop and hold position (use this command between other instructions).
- **Eject:** Jump.
- **Rotate:** Turn.
- **Attach:** Make contact with the nearest dancer (join hands, shoulders, backs, hips or knees). Follow by detach.
- **Detach:** Lose contact (unless you want the dancers to move together).
- **Zoom:** Large stretch.