

## **Groovy Names Activity**



**Purpose:** to allow students to explore the possibilities of how a simple movement/action can become a dance piece to present with other students in the class. It's all in a name! There is NO right or wrong way to do this, so students feel empowered and therefore helps build self esteem.

**Grades:** this activity is suitable for EVERY grade, including adults (modifications to the progression and group requirements need to be simplified for primary grades)

**Time suggested for Activity:** 30-40 minutes (however can extend to 3-4 periods)

### **Activity:**

- 1) Students will create a circle so everyone can be seen and has room to move
- 2) Students will create a simple action/movement and say their name aloud as they show the movement/action to the rest of the group. Explain that there is NO right or wrong way to do this and encourage students to be as unique and different as possible. Teacher may have to demonstrate a few examples (ie. hop on one foot, spin in a circle, shake your shoulders, kick your leg).
- 3) The class repeats the movement/action and name in return (call and response).  
Group the students of 4-6 per group and as a group they will do the following:
  - be sure everyone knows each others movement/action (remove name)
  - group decides on a sequence to place the movement/actions that creates flow
  - decide how many repetitions they will do of each movement/action (ie. 2, 4, 8)
  - create a clear beginning and ending pose
  - 2 formations for all students to move in
  - moment when all group members are connected
  - floating, melting, vibrating – choose two qualities to infuse
  - practice the sequence without music
- 4) Teacher will add music in the background and the groups will begin practicing their sequence with the music. Teacher can also lead a “group” rehearsal.
- 5) Each group will present their movement phrase to the class!

### **Extensions/Differentiated Learning:**

- Students can either choose their own groups or teacher makes group
- One group can join another group and combine their sequences
- If your students are familiar with the Elements of Dance, they can explore different levels, directions, tempos, traveling patterns, shapes and interconnectedness with each other etc.
- With a group of 12-15 you can have them try to remember everyone's name as they share them and repeat them in sequence around the circle

**Resources/Equipment:** music (anything with a steady beat – instrumental music is great). Song suggestions: *A Black Man in Space* by Son of Raw, *Mofolo Hall* by Ndumiso, *Tonco Tone* by Chocolate Puma or *Monkey Drums* by Fat Berri