

Course: Fizzie Dance

Lesson One: Create the Base Phrase

Learning Area: The Arts

Strands: Dance

Time: 45 Minutes

Year Level: 5-6

Content Descriptor:

- Develop technical and expressive skills in fundamental movements including body control, accuracy, alignment, strength, balance and coordination (ACADAM010).
- Perform dance using expressive skills to communicate a choreographer's ideas, including performing dances of cultural groups in the community (ACADAM011).
- Explain how the elements of dance and production elements communicate meaning by comparing dances from different social, cultural and historical contexts, including Aboriginal and Torres Strait Islander dance (ACADAR012).

Learning Focus:

- Students create dance moves inspired by sports imagery and begin to construct a movement phrase.

Time:	Teaching and Learning Strategies:	Preparation and Resources:
10 minutes	Foundation Watch the Making a Fizzie Phrase video with students. Complete a warm-up with sports related stretches, such as quad stretches, long lunges or shoulder stretches or view and follow the Warming Up video.	Relevant ARTS:LIVE resources • Warming Up video (optional) • Making a Fizzie Phrase video.
10 minutes	Movements one and two Distribute cards with images of athletes performing a range of sports, such as karate, swimming, cricket, soccer, Australian Rules, basketball, volleyball, ping pong, synchronised swimming, netball, hockey, tennis, horse riding, etc. Divide the class into four groups of approximately six students and provide each group with six images. Each group studies their collection of images and chooses one card to create a movement or shape based on the image. This is movement one. Encourage groups to: • Make a shape that they can hold comfortably. • Practise the shape when they clap their hands. Each group then chooses another image and creates a different shape or movement based on this image. This is movement two.	Additional resources required • a clear space with enough room for each student to move freely with their arms stretched out to the side • sports images of athletes performing a range of sports (one for each student) • music with a strong beat • a music player • a device for recording video/stills.

5 minutes

Link the movements

Encourage the groups to join movement one to movement two, creating a transition between the two that feels easy and natural, but is also interesting. Repeat the same process with the remaining images to create a range of movements with transitions.

10 minutes

Fit to 16 counts

Instruct the groups to set the movements to 16 counts of music. This is a movement phrase. Encourage groups to rehearse their phrase until they can remember the order. Groups perform the phrase to the class. Groups record their base Fizzie Dance phrase in their dance journal, or using a recording device.

10 minutes

Alter the elements of dance

Each group will choose one element: time, space or energy, which they think will enhance their Fizzie Dance phrase. Each group must find a way to alter some aspect of their phrase using the chosen element.

For instance, if a group chooses time, they might change the duration of one movement (e.g. from regular speed to slow motion or speeding it up and repeating it a few times).

To alter space they might change the direction they are facing or the level of a shape.

Students must change at least two things and make sure it all fits within 16 counts.

Preparation

- Ensure there is a centre line on the floor of the space where the lesson is to be held. If necessary, mark a line with chalk or tape.
- Search online and in magazines (sport swap cards are an option) for sports images and then glues these to card (one per student).

Safety

- Ensure the space is clear of all objects.
- Ensure that students warm up.