

MOVE MASTER / MOVE MASTER SHAPES

HOW TO PLAY:

- Allocate a theme; e.g. line dancing.
- Discuss with the children different ideas for movement/positions they associate with the topic chosen, e.g:
 - Riding a horse – galloping
 - Cow boy heels – holding trousers like you're holding a belt, elbows out and tapping heels to the floor alternately
 - Lasso – swing arm above head in circles
- Clarify at least five movements/positions that will be used, and the command associated with them, e.g. 'heels' for the cow boy heels movement.
- Ask the children to travel around the room using appropriate music to the lesson theme.
- Call out a command, and the children must demonstrate the correct movement/position.
- Repeat, changing the command each time.

Progression:

- Combine more than one command together, e.g. 'heels and rope swing'
- **Move Master Shapes:** To progress the activity and to help the children with formation within a dance style, incorporate the 'Shapes' activity into Move Master.
 - Once the commands/movements associated with the theme have been chosen, discuss with the children how long they think it would take them to get into a circle as a class. Allow them to quickly practice doing so then assign an amount of time, e.g. 10-15 seconds.
 - Repeat the exercise with a straight line and a cluster/blob around the teacher.
 - Call out the various themed movement commands for the children to demonstrate around the room.
 - Whilst they are moving, alternate by calling out one of the shapes for them to get into as a class in a certain amount of time.
 - Repeat with different commands and shapes.

Further progression:

- Decrease the amount of time given to get into the shape
- Add in more difficult shapes to create as a class. E.g. Semi-circle

Resources

- Use music appropriate to the theme. Suggestions are found on the Lesson plans.