

Quick movement ideas

- Create a series of freezes of basic shapes, such as a triangle, a square, a rectangle, a circle, then turn them into characters or 'objects' or a sequence of movements.
- Create a beat by clapping, stamping, walking or chanting. Practise staying in time with the beat.
- Make music using percussion, clapping, stamping, sound effects, singing, humming or chanting. Try to make music according to a mood – sad, jolly, upbeat, slow etc. Add movements.
- Listen to several pieces of music and talk about the mood created by each one. Try to walk according to the mood of the music. Again this could be sad, jolly, upbeat, slow etc.
- Look at the shapes and rhythms made by everyday objects, such as tin cans, keys, cardboard boxes, dustbin lids, pencils etc. Use freezes to recreate everyday objects. Accompany these with the sounds the objects make. Watch a clip of the hit stage show 'Stomp!' on YouTube and discuss.
- Record some sounds on your phone – or ask students to do so. Students guess what made the sound. For instance, a door, a tap, a phone, a book, two stones. Create pieces of drama in pairs which include the object or thing that made the sound.
- Take a line of a poem in which rhythm is important. Use it for voice work or as the starting point for a piece of drama. Ask students to research rhythmic poems first.
- Use a print of a painting – such as Matisse's 'Snail' – to talk about how shapes are used to make up pictures. Students recreate some of the shapes in the picture.
- Ask students to imagine a scene where they are having fun. Ask the students to remember the colours and sounds in the scene. Use this work as a starting point for a piece of movement, which involves a percussion accompaniment.
- Using percussion instruments, ask students to have a conversation – concentrate on the rhythm of speech and turn taking.
- Use a line from a play to practise different types of inflection and to talk about the rhythms of speech.
- Collect your own sound effects and use as a starting point for drama. Use a sequence of sound effects coupled with movements to create a devised piece of theatre.
- Download the Machine Game – a group improvisation based on a sequence of movements – from www.louisetondeur.co.uk/drama-resources/resources-for-drama-teachers/

Ideas for moving through space

as slowly as possible

like a dancer

like an astronaut

like a tight rope walker

as quickly as possible

as quietly as possible

clumsily

proudly

timidly

happily

sadly

as if it's dark

as if you have lost something

peacefully

like a snake

like a bee

in slow motion

like a wave

like a shy person

like a confident person