

Paramedics

Movement Objectives

Time



Rhythm
counts of
8

Relationships

Giving weight and trust – ambulances
Action / reaction – paramedic dance

Actions

Paramedics gestures

Warm up

In a space on their own. Lead some actions to warm the children up. Try out a range of ideas such as star jumps, hopping and rolling. **Then repeat some of the actions and complete each one 8 times.** Ask the children to count the numbers aloud first, and then silently in their heads. Ask for different suggestions of warm up movements that the group can complete 8 times. **Finish off with a big stretch up to the ceiling and then touch their toes.**

Do Your Thing - Basement Jaxx



PEOPLE THAT HELP US

Paramedics Dance

Go! - Moby



Discuss the activities that paramedics have to do and any special clothing they might need to wear (such as a green shirt and trousers, high vis jacket). Get 'dressed' in the items that the children have mentioned.

Teach a street dance based on paramedic actions. For example...
Each bullet point represents 8 beats of music

▪ **Checking heart beat**

Put R arm out in front, with palm facing outwards and fingers pointing upwards. At the same time, place L hand on heart and tap 8 times (to represent heart beat)

▪ **Giving an injection**

Circle R arm round and then point forwards

▪ **Putting oxygen mask on**

Place both hands together and pull arms in towards body. Push them out in front until arms are straight (keeping hands together). Pull them in again and push out again.

▪ **Cleaning and bandaging wound**

Crouch down and wipe hand from side to side and then circle arm around twice
Teach each action separately and rehearse them all together several times until they can remember each action and the timing of the counts of 8.

Are you ok?

In pairs. (Ask for a volunteer to help demonstrate with you to the class before they try this on their own.) **One person is the paramedic and will perform the paramedic dance as above.**

At the same time, the other person is the patient. Ask the patient to fit into the dance....

- Checking heart beat – the paramedic places their R hand on the heart of their patient
- Giving an injection – the paramedic points their R finger (gently!) into the arm of the patient
- Oxygen mask – the paramedic places their hands towards the patient's mouth
- Cleaning and bandaging wound – the paramedic wipes the patient's leg and then bandages it.

Ask the children to consider how to develop the patient's movements so that they have their own dance too.

Choreography

In the same pairs, ask the children to come up with their own actions – does the patient need a drip? CPR? Do they need to be put onto a stretcher? Do they need their arm bandaging?

Once they have tried out a range of ideas ask them to

- Select one or 2 ideas they like best
- Ask them to try each action in a count of 8 (just like in the paramedic dance from earlier on)

Some children will be able to do this easily, others may find this part challenging. If some pairs struggle to move in counts of 8, get them to focus instead on the quality of their movement

- Add their actions onto the end of the paramedic's dance – so they will have 5 or 6 different movements in total.
- Rehearse the whole dance so they can remember the order and the counts of 8

Performance Opportunity

Show the ideas back to the group, either one pair at a time or several pairs together (depending on the size of the class). Ask the audience to comment on which children had good timing – dancing on beats of 8 – and interesting ideas for paramedic actions.

Crescendolls - Daft Punk



Ambulances

On own in a space. Get the children to travel around the room as ambulances with flashing sirens and fast travel ways. Remind them they need to travel safely to hospital.

With the same partner from earlier. One of them is the ambulance whilst the other is the patient. The ambulance must transport the patient to hospital as safely as possible. They could try the following ideas...

- Carrying the patient in their arms

- Carrying the patient on their back (piggy back)
- Crawling and carrying the patient on their back
- Rolling and carrying the patient along the floor

They could also try out their own ideas. Make sure the children swap over so they can perform both roles. Point out good examples of children using imaginative ideas and completing the task sensibly.

Harpoons - Chemical Brothers



Cool Down ↓

Lead slow, calming actions all on counts of 8, such as wiggling fingers, circling ankles and floating arms. Finish with breathing in and out on counts of 8.

Further Development

Create a paramedics dance from all the class ideas. For example, the children could all travel in the space on their own as ambulances. Then they could get with their partner and perform the paramedic street dance. Finish off with transporting their patient to hospital by carrying them safely. **Perform the entire dance, either as a whole class or in two groups so the children can appreciate the content from an audience perspective.**

Create a new paramedic street dance using all of the children's ideas from their choreography session. Ask each pair to demonstrate their own ideas, then get the class to try them out. **Continue watching each pair, trying to remember all the previous moves!**