

Sea Shanty

Movement Objectives

Action

Sea – rippling, swirling, crashing
Exploding cannons

Space

Pathways – straight, curved,
zigzag, wiggly



PIRATES

Warm up ↑

Start by sitting down in a space. Lead actions with the arms to get the children warmer and include sea actions, such as rippling with each arm and splashing and flicking the hands. Warm up the heads and shoulders too (for example, shoulder rolls and lifts, turn the head gently from side to side).

Build the size and speed of the actions and jump up to standing. March on the spot and include different jumping and exploding actions for the children to copy.

Call out different actions for the children to do, such as skipping, galloping or crawling. Then ask the children to perform these actions to different parts of the room to get them travelling through the space (for example, crawl to the back of the room, wiggle to the piano).

Finish off by asking the children to stretch as they move...stretch to the ceiling whilst moving to the windows, stretch to the floor whilst travelling to the wall.

New Shoes - Paolo Nutini



Sailing

Sea Shanty - Caravan



The pirates are setting sail on a voyage on the Jolly Roger.

Lay down a large scrunchy elastic in the middle of the room (or find a way of demarcating a ship space with masking tape, chalk or something similar). Ask half the children to sit in the 'ship'. This group are the pirates and must look for treasure through their telescopes and binoculars (hands up to eyes to make these shapes).

The other half of the class are the sea around the pirate ship. Hand out the scarves and ask the children to move like waves. Get them to explore different sea conditions, such as small ripples and great big crashing waves. Swap over roles.

Choreography

'1812' Overture - Tchaikovsky



The Pirate ship is under attack! Quick, man the cannons.

In a space, on their own. Ask the children to curl up small on the floor like a ball. When they hear the command 'fire!' they can shoot out of the cannon and 'explode' by jumping in the air. Repeat several times and explore...

- How to move along the floor keeping the round shape of the cannonball
- Different pathways to travel. Can they shoot out of the cannon in a straight line? How about a curved, zigzagged, wiggly pathway along the floor?
- Different ways to explode at the end

Get the children into pairs. One of them curls up small (as the ball). The other one makes a shape over the ball as a cannon. When they're ready, the ball can be fired out, whilst the cannon can move backwards, crouch and put their hands over their ears (to protect them from the explosion!). Swap over several times so the children try out both roles.

Encourage the children to continue exploring different pathways to travel as a cannonball,

Divide the class into two groups (but keeping the pairs together) and ask one to be the audience. The other group can perform their cannon dance with their partner, demonstrating their most favourite way of travelling and exploding. Ask the audience which dances they enjoyed the most – who was good at exploding? Who had an interesting pathway?

Idea for development

The cannons could have a fuse sticking out and some children could travel around the room to ignite them



Performance Opportunity

Create a performance using the ideas from the session

Beginning – half the group are the pirates inside the 'ship'; the other half the sea with scarves.

Middle – the children outside the ship (the sea) could become the attackers, threatening the pirate ship. The children inside the ship can become the cannons and balls and fire them at the attackers.

Ending – ask the children to decide on an ending. Do the pirates take hostages? Are there men over board, will prisoners walk the plank?

If there's time, swap over roles so children have chance to be pirates as well as the sea / attackers.

Appreciation

Discuss the performance afterwards. Did the children like linking all the ideas together in one big dance? What was the best bit? Who did they see moving like rippling, waving, crashing sea? Whose cannon had an exciting explosion? Did they like their ending and why / not?

Cool Down ↓

Lay on the floor in a space. Imagine they are floating on top of the sea. Can they hear the seagulls in the sky and the water rippling around them? What can they smell? Feel the sun warming the skin. Take a few deep breaths in and out and enjoy the feeling of floating.

Wiggle the fingers and toes, then slowly come up to sitting. Stretch out the body in a big yawn.

At the River - Groove Armada

