

The Gingerbread Man



Movement Objectives



Shape
Gingerbread man

Relationships

Giving / taking weight
Holding
Counter balances

Dynamics

Hard, rigid, flat

Warm up ↑

Ask the children to sit in a space with their imaginary books.

Mime reading them by turning the 'pages' and circle the books around the space in front of you. Place the book on the floor, stand up then jump into it.

Take the children on an adventure to find the little old man and little old lady's house. You could include actions such as...

- Searching gestures (hand on forehead, looking around)
- Marching and running on the spot
- Hopping along stepping stones
- Crossing the river using different swimming strokes
- Galloping on a horse
- Creeping and licking lips as a hungry fox

Finish off with a stretch – make a gingerbread man shape then stretch and reach the arms towards one side of the room and the other. Bend at the hips and keep a flat back in a table top position, then straighten back up.

Right Here Right Now - Fat Boy Slim



The Recipe

Chemutengure - Dumisani Maraire / Ephat Mujuru



Children need to be in pairs, with one person curled up in a ball shape and their backs facing the ceiling. They are going to be made into gingerbread and their partner is the baker.

Add all the ingredients onto the person curled up, for example...

- Tap the fingers lightly over the back for flour and sugar
- Crack the egg along the back
- Smear the butter in with both hands
- Dab the index fingers gently in their partner's back for the ginger
- Mix all the ingredients together by rubbing along the back

Gently turn them on to their back and move them in to the 'gingerbread man' shape. Carefully place 2 currants for eyes and cherries for buttons and draw an icing sugar mouth.

Place the gingerbread man in the 'oven' by doing a shape over their partner.

Swap over roles.

Gingerbread Dance

Dance of the Sugar Plum Fairy - Tchaikovsky



Teach the children a dance based on the gingerbread man coming to life. For example...

Starting position: lay on the floor in a gingerbread man shape

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- Peel head off the floor for 4 counts, then lower it down for 4 counts
- Lift R arm towards ceiling in a stiff way for 2 counts, lower for two counts
- Lift L arm and R leg and head up towards the ceiling for 2 counts, lower for 2 counts
- 4 counts: Turn onto R side, laying in a very straight line, then hold.
- 4 counts: Turn again so on tummy, place hands by chest (ready to push up off the floor).

- 8 counts: walk hands towards the feet to stand up, keep legs as rigid as possible
- 16 counts: try turning around to face the front, wobbling as you go. Finish standing the front in a gingerbread man shape, flat and rigid.
- 8 counts: walk forwards slowly twice, then 3 quicker steps, trying to keep the shape as stiff as possible.
- 8 counts: look to the R, look to the L then bang with both fists on the 'oven door' in front of you. Optional – children could shout "let me out" at the same time that they bang.

Practice the dance several times so the children are familiar with the movements. Perform the dance back in small groups and discuss them afterwards, focusing on which children were able to move in a rigid way just like the gingerbread man.

Choreography

In different pairs to earlier on. Ask the children to rehearse the gingerbread dance again, this time in pairs. Can they now add on some extra moves to the dance using their partner, for example...

- Wobbling together
- One person losing balance, the other one catches them or holds them back up
- Counter balances (balance own weight with their partners')
- Add these ideas into the dance before they look R and L and bang on the oven door

Ask the children to rehearse with duets with the movement qualities of the gingerbread man: flat, rigid and hard.

Perform the duets back to the class a few pairs at a time. Ask the audience for feedback – who had great ideas for wobbling gingerbread men? Who moved with the qualities of a gingerbread man?

Performance Opportunity

Create a whole class performance using ideas from the session. Ask the children for ideas too. For example...

- **Beginning** – everyone makes and cooks their gingerbread.
- **Middle** – the gingerbread men come to life. Children perform the gingerbread dance as a whole class in unison, then their wobbly duets.
- **Ending** – create a chase, perhaps on the spot, or maybe as a follow my leader, with the class teacher in front. Which animals does the gingerbread man bump into? How does the story finish?

Perform the whole dance as a whole class.

Appreciation

Discuss the performance afterwards. Which were their favourite parts of the dance? Which moments did the teachers enjoy? Who performed looking like real gingerbread men? If they performed it again, how could they make it even better?

La Femme D'argent - Air



Cool Down ↓

Stand again as gingerbread men. Start to crumble and sink down towards the floor slowly until the biscuits have turned into a pile of crumbs.

Call out different parts of the body for the children to gently lift off the floor such as feet, tummies, elbows. Ask them to blow and brush the 'crumbs' off each part that is called out.