

Amelia Earhart

Movement Objectives



Physical Skill

Extension through the arms and hands

Relationships

Contact work
Lifts

Action

Spinning: upright, log rolls, with partner

Warm up ↑

Lead an explorer's warm up. Start with getting dressed in aviator clothing and equipment to get into character and mobilise the body ready for action.

Develop some aviator skills...

- Technical knowledge – know how to fix your equipment. Use a 'screwdriver' to do some fixing. Stand still and use the screwdriver in different directions around the body.
- Coordination – using lots of different instruments. Try out brain gym activities such as holding the nose with one hand and the ear with the other hand (crossing over the midline). Or knee taps – placing the hand on the opposite knee then swapping over.
- 20/20 Vision – being able to see in low visibility. Walk into a space and freeze in a looking pose (perhaps searching with a hand on the forehead, or holding the fingers like they're glasses / binoculars). Repeat several times, allowing the children to choose poses that use different levels – sometime high / low / medium.

Finish with a stretch: Flying Pose. Hold out the arms to either side of the body like plane wings. Start to lean forward and at the same time, lift one leg off the floor behind you in a straight line. See if you can get your body into a horizontal position – you can bend the supporting leg to help if you are wobbling. This pose is great for strengthening your body and helping you balance. Swap sides.



Solo flight



Air A' Danser - Penguin Café Orchestra

Create a dance based on the action of flying. For example...

- Starting position. Stand in a space with arms by the sides of the body
- Prepare for take-off. Lift the arms out to the side like they are wings. At the same time, breathe in and rise on to the balls of the feet.
- Fly! Lean forwards and travel into a space, using the momentum of the preparation to propel yourself forwards. At the same time, breathe out.
- Pause. When you come to a natural pause at the end of the short 'flight', hold a still position, with the arms out long like wings. The body could be twisted, or on a diagonal, or in the yoga pose from the warm up.
- Repeat. Fly and pause several times. Add in a spin whilst you are moving through the space. You could fly using different directions: forwards, backwards and sideways.
- Loop the loop. Move down to the floor, lie on the tummy and put the arms up long above the head. Complete a few log rolls along the floor, like they are doing a loop the loop. Keep as straight as possible and try to move the body in one go (rather than twisting it or moving the legs following by the arms).
- Gliding. Finish in a flying position. Lie on the tummy and lift the arms and legs off the ground like they are gliding through the air. This position will also help strengthen the body.

Rehearse each action several times before adding all the moves together. Work on the children's arms – they need to extend out not only through their arms, but also their fingers. Ask them to get with a partner and take it in turns to hold their arms out like wings. They can check that the fingers are stretched out long and make corrections to each other as necessary.

Divide the class into two groups. Ask each group to perform the 'Solo Flight' dance to the other half of the class. Discuss the performances afterwards – who was dancing with extended arms and fingers? Who performed their spins well?

Choreography

Dreams of a Journey - Michael Nyman



What other actions can the children think of that makes it look / feel like they are flying? Try out these ideas as a group and discuss them afterwards – what was successful or not?

Get the children into pairs – they are now pilot and co-pilot. Ask them to improvise new ideas together, considering how they might use each other to fly. Some suggestions are...

- Spinning around together
 - Balancing in a flying position
 - Lifting their partner up
- Choose some of the pairs to share back their ideas, selecting a range of different movements.

Teach the children a few actions that use contact work, to make it look like they are flying. For example...

- Spinning. Stand facing each other and hold their right hands (or both their left hands). Place the other arm out to the side, like a wing, and spin around together.
- Balancing. One person gets onto all fours, with their hands directly underneath their shoulders and their knees directly underneath their hips to keep the position safe and strong. Their partner carefully lies on their tummy, but on top of their partner's back. Can they hold their arms and legs out in the gliding pose from earlier on?
- Lifting. One person sits down, with their knees bent towards the ceiling. Their partner holds their hand and gently pulls the person sitting down up to standing. Both children will need to help each other to make it work. Try again, but this time can the person being pulled up add in a little jump so they are lifted off the floor as their partner pulls? Make sure they stand slightly to the side of each other so they don't bump together.

Ask the children to each choose their most favourite action with their partner (it could be one of the taught movements, or one they created during the improvisations). Practice the two actions together so they can remember their dance moves.

Performance Opportunity

Create a short dance incorporating ideas from the session. Remind them to continue extending their arms and fingers outwards in the 'wing' position.

For example...

Beginning. Perform the 'Solo Flight' dance phrase as a class.

Middle. Perform their duets

Ending. Create an ending to the dance as a class. It could have a happy end position (they've successfully flown over the Atlantic) or sad (they disappear completely).

Appreciation

Split the class into two groups, but keeping the pairs together. Ask one half of the class to perform their dance first, followed by the other half. At the end, discuss the performances. What ideas did the pairs use in their duets? Which ideas really looked like they were flying together?

Kelly Watch the Stars - Air



Cool Down ↓

Ask the children to climb into their planes and fly back in to a space.

Land slowly and safely and leave the plane. Remove the pilot clothing from the warm up.

Repeat the stretch from the warm up: Flying Pose. Hold out the arms to either side of the body like plane wings. Start to lean forward and at the same time, lift one leg off the floor behind you in a straight line. See if you can get your body into a horizontal position – you can bend the supporting leg to help if you are wobbling.

Congratulate the children for being excellent explorers. Read out a quote from Amelia Earhart such as: "You can do anything you decide to do".