

The Greatest Show

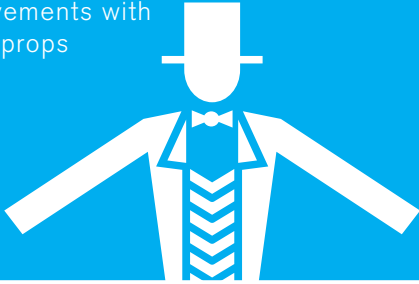


THE CIRCUS

Movement Objectives

Action

Movements with the props



Dynamics

Happy: energetic and happy faces
Sad: heavy, slow, sad faces

Timing

Moving to the beat of the music
Dancing to a chorus of 36 beats

Warm up ↑

Imagine they are at the circus in the audience Imagine they are at the circus in the audience – sitting down in a space

- Applaud
- Look up high to watch the trapeze artists above their heads
- Laugh at the clowns
- Point to the acrobats
- Cover their eyes when they watch the tightrope walker
- Eat their 'refreshments' including popcorn and cotton candy

Stand up and step inside the circus ring. Start walking around inside the big top. When the music stops ask them to freeze. Include...

- Freezing in happy poses
- Freezing in sad poses
- Walking and rolling the shoulders at the same time
- Star jumps

Finish with a big stretch – make a final star shape and stretch out through the arms and legs.

Spoitoresa - Mahala Rai Banda



Chorus phrase

Come Alive - The Greatest Showman Soundtrack



Listen to the song 'Come Alive'. - You could also display the lyrics. What is the song about? Discuss how the song focuses on not 'living in those shadows' but 'shaking awake' and 'proving there's more to you'.

Teach the children some dance moves that focus on some of the lyrics and are happy: energetic, big and with smiley faces. You could watch the video clip from the film for inspiration too. For example...

Roll the shoulders

- Roll the right shoulder backwards then the left shoulder. At the same time as rolling the right shoulder, lean to the right side. Then lean to the left side whilst rolling the left shoulder.
- Practice to the beat of the music.
- Can they do 8 rolls? (alternating right and left sides)
- Try out the rolls to the lyrics 'When the world becomes a fantasy and you're more than you could ever be'

Covering and revealing the eyes

- Place one hand gently over the eyes, then place the other hand over the eyes. Then circle the arms out and away from the body so they move back down to the sides of the body. At the same time, crouch down to the floor.
- Once the children have got this action, see if they can perform it in one count of 8
- Try out these movements to the lyrics 'Cause you're dreaming with your eyes wide open'

Jump up and wiggle

- Jump up into a star shape and have a big smile!
- Wiggle the fingers whilst moving the arms back down to the sides of the body. At the same time, wiggle the hips.
- Once the children have got this action, see if they can perform it in one count of 8
- Try out these movements to the lyrics 'And you know you can't go back again to the world that you were living in'

Repeat the covering and revealing of the eyes.

Rehearse the choreography several times to aid their movement memory. Don't worry too much about getting the 'right and left' sides correct, focus on their happy energy and communicating the positive meaning of the lyrics.

Put the children into pairs and ask one of them to stand up – they will perform the chorus dance first in front of their partner. Discuss the performances afterwards – what did their partner do well? Did they remember to have happy expressions? Swap over.

Choreography

Hand out a range of colourful props to the children. This could include scarves and ribbons. If you have any, you could also add in some small hoops, poi and rhythm sticks.

Health and safety point: make sure the children don't tread on the scarves / ribbons as they will be very slippery

Ask the children to try out actions with their props – how can they make them move? Encourage them to try out as many different ideas as possible. Look out for imaginative actions – ask the children to watch these ideas for inspiration for their own movements.

Put the children into groups according to which prop they have. Ask each group to come out into the middle of the room to demonstrate their actions with the prop. Ensure each group has a turn to perform to the rest of the class. Discuss the performances afterwards – which props did they enjoy watching? What movements caught their eye?

Performance & Appreciation

Create a performance with the class...

Beginning

- Start of the song: walk around looking sad: slow walks, head down, dragging feet. Finish lying down still on the floor
- On the lyrics 'come alive': start to wake up, stretch and stand up

Middle

- Perform the chorus phrase

End

- Props – take it turn for each group to perform with their prop
- Create an ending position for the class to freeze in

Perform the dance as a whole class. Give the children feedback afterwards – which parts of the dance looked effective? Which children were able to give a contrast between the sad section and the happy section? What effect did the props have on the dance?



Cool Down ↓

Walk around the room – use the time to get out of character. Shake out their arms, legs, torsos, bottoms, heads (very gently) to remove their happy and sad qualities. Rub the faces too.

Finish with some animal circus yoga...

Bear – very good for releasing your back (especially when you've been sitting all day)

- Start in downward dog (feet and hands on the floor, bottoms and hips raised to the ceiling)
- Lift one leg up a bit and then swap for the other one.
- Start walking around the room alternating the legs as before, keeping the hands along the floor as you move

Horse – this strengthens core, legs and shoulders whilst also stretching the hips and thighs

- Start in a low lunge – one knee up at 90 degrees, the other knee on the floor
- Lift the arms above the head
- Rock gently forwards and back, making a clip clop sound
- Swap over legs and repeat



CLASS IN A BOX

Find more from Dance Class In A Box

www.primaryschooldance.co.uk