



Loving Learning Through Creativity:

Dance with Claire Pring Bounce

Ask the children to find a space and find a way of bouncing on the spot for 4 counts.

Probably the easiest way is to bend the knees to bob up & down – alternatively they could shrug their shoulders, open & clench their hands or nod their head.

Follow this by travelling round in a circle for 4 counts.

Ideally finishing where they started to ensure they remain largely on the spot & maintain their distance from others.

Then ask them to make a shape & hold it for 8 counts.

Encourage the children to think about varying the levels – high, medium or low.
Their shapes might be twisted, curved, stretched or spiky!

Join all of the actions together into a sequence so that they move seamlessly from one action to the next, varying the shape each time.

Add the music & repeat several times.

Now ask the children to repeat the pattern but think about the 4 bounces.

Encourage them to decide whether they will ~

Keep the same action or find a different way of bouncing each time

Stay facing the same direction or turn as they bounce

Alter the size of the action – making it bigger or smaller

Add the music again and allow time to apply this aspect.

Now ask the children to repeat the pattern but to think about the travel around in the circle.

Encourage them to decide whether they will ~

Travel forwards or backwards

Clockwise or anti-clockwise

Complete a full circle or just part of one

Vary how they travel – or they may even change it to a spin of some sort

Add the music again and allow time to apply this aspect.

If you want to take this further they could...

Alter the order – e.g. they may wish to start with the shape, then the bounces & finish with the travel.

Vary the timing – rather than do 4 bounces they may decide to do more or less.

Include pauses – at any point they could freeze in whatever position they are in & restart again as they decide.