

ART AND DESIGN – MOVING BODIES

Objective: To explore drawing the moving body –observation, embodiment, mark-making.

Subject Focus: Art and Design

ACTIVITIES



Warm up 1 – Taught phrase (to be demonstrated by workshop leader)

Teaching points –

- *As you move through the phrase, draw attention to anatomy and geometry of the body*

Warm up 2 – Improvised phrase

- Moving together in the space, exploring turning, jumps, floor, gesture
- Freeze – look around at shapes
- Continue moving through the space
- Freeze again – hold shapes
- Workshop leader points out a few shapes/postures– encourages everyone to look at them and name pictures/give them a title

Teaching points:

- *Encourage extension/contraction, changes in direction and level and dynamics*
- *Use different kinds of music/imagery to vary movement responses*

CREATIVE TASK - 1

Make a solo involving four different body shapes/postures

Teaching points:

- *Use contrasting shapes, e.g open/closed, wide/narrow, tall/curled up*
- *Pay attention to detail, position of head, focus of eyes, where you are making contact with the floor, where your weight is, shape of hands, feet etc,*
- *Can you hold the position for long? Is it comfortable?*
- *Be aware of how you move from shape to shape, e.g steps, a turn, a twist, change in level*

PERFORM/APPRECIATE

- Split the group in two
- Half the group perform their solos, slowly with suitable music
- Hold each position for 20 seconds
- The other half of the group do quick sketches of what they see, they can choose whatever posture they find interesting
(Show example)

Teaching Points:

Paying attention to:

- *the shape and details of the body*
- *Positive/negative space*
- *Drawing to fill the page*

Change over to the other half of the group

CREATIVE TASK 2

Introducing contact/touch, counterbalance and points of tension in the body



Working in pairs (trios are also possible)

- Explore points of contact with your partner:
e.g. A counterbalance, taking weight shoulder to shoulder, back to back
- Choosing three of your favourites, make a sequence using these and be prepared to hold positions and shapes for three minutes

Teaching points:

- *Encourage good body alignment and posture throughout the exercise, this is very important when taking weight*
- *Encourage contrasts in body shape and level*

PERFORM/APPRECIATE

- Split the group in two
- One half performs the sequence, the others sketch quickly (3 mins per shape)
- Swap over
- Look over sketches and discuss

LINKS TO THE CURRICULUM

CREATE – EVALUATE - APPRECIATE

Art and Design

- ✓ Give a personal response to an idea, experience and or other stimulus
- ✓ Work from imagination, memory and direct observation
- ✓ Use drawing for observation, recording and analysis, as a means of thinking and for communication and expression
- ✓ Use a variety of materials, media, tools and equipment
- ✓ Appraise and evaluate own work

Dance

- ✓ Skilful and creative mastery of the body in a dance context
- ✓ Enhanced knowledge and understanding of dance as an aesthetic and artistic experience
- ✓ Enriched personal and social development while interacting with others