



# Exercise Sheets

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# My Move, My Dance

Write your dance here:

\_\_\_\_\_

=====

End  
here



Read up

=====

\_\_\_\_\_

Start  
here

Symbols we learned in our dance class



= body shape



= spring



= travel



= rotate



= flex



= extend

Here are the signs for balance and fall.



Balance



Fall



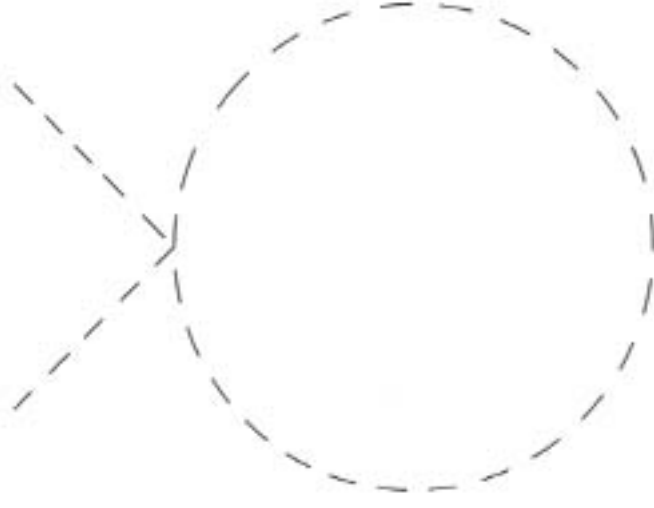
balance  
quickly time to balance



take a long  
slow fall

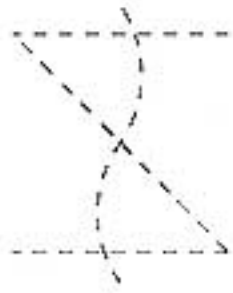


Join the dots

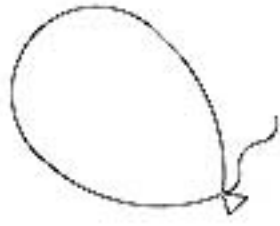


Stillness

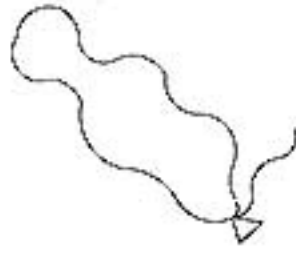
Join the dots.  
Colour the pictures.



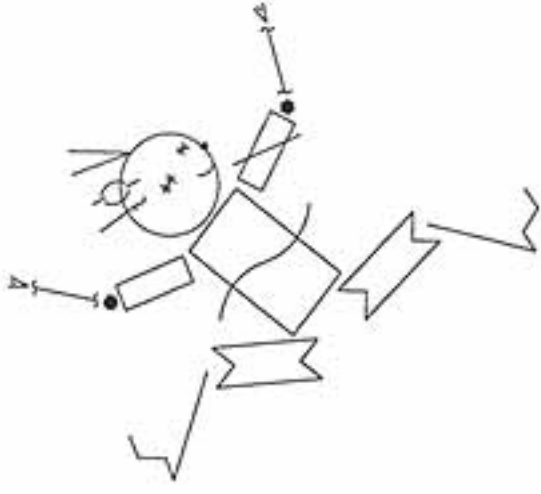
Extension



Flexion



Here is Prime Action Man.  
He is made up of all the symbols in the  
Movement Alphabet.



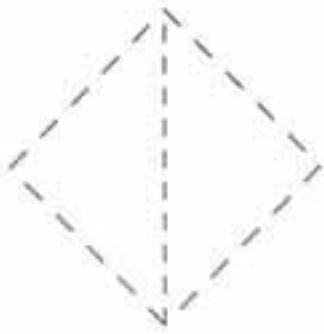
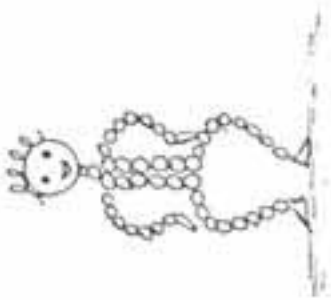
Find the balance and falling symbols and circle them.

Is Paman in balance or falling?

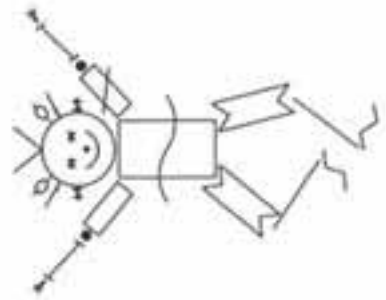
Draw the balance and falling symbols in the boxes.



Join the dots.  
Colour the pictures.



Body  
Shape



Circle the parts of the  
body you can rotate.

Head

Shoulders

ARMS

Feet

Body

FINGERS

Toes

Eyes

NOSE

Hands

Legs

Make up a dance that uses big springs and little springs.  
 Write your dance in symbols on this page.  
 Add stillness signs ⌀ too.

—

==

End here

←  
Write up the page

Start here

—

(Y2)

Here are the five forms of springing.  
 Write the name for each form under each sign.



Write down the names of animals that spring and say what springs they do.

All the following titles are available from [www.lodc.org](http://www.lodc.org). We would recommend, the following for use with this pack:

An Introduction to Motif Notation (free with Language of Dance Associates Membership)  
Flashcards Set 1: Movement Building Blocks

## Teaching Packs available

### Key Stage 1

Magic Toys  
More Magic Toys  
Animal Magic  
Electricity  
Forces

### Key Stage 2

A Drop From Above (The Water Cycle)  
Olympics  
Rivers  
Solids, Liquids, Gases  
Life Energy!

STARBIES, The Adventures of Klig and Gop, series of children's books.

## Language of Dance<sup>®</sup> Centre Membership

One year membership costs just £25 and includes:

◆Members' welcome pack including the book ◆An Introduction to Motif Notation ◆Voucher for 20% discount on products ◆Reduced fees for Language of Dance<sup>®</sup> Courses ◆LODA e-news (biannual newsletter)  
◆Up-to-date information on resources and activities ◆Exclusive access to Members' area of website that includes resources, videos and forums ◆Access to Roehampton University Ann Hutchinson Guest Archives

Membership can be purchased online at [www.lodc.org](http://www.lodc.org)

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- Tools For Special Educational Needs Teachers
- Martha Graham Study Day
- Tools for GCSE and A-level teachers
- Creative Dance Teaching in Primary Schools

In addition we run Language of Dance<sup>®</sup> Stages 1-3 throughout the year.

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