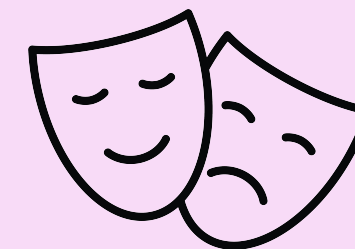
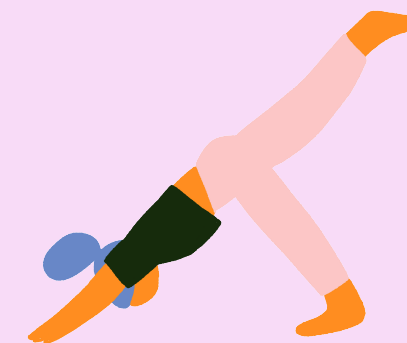


I ♥
ART



✦ ✦
Creativity through movement
By Rhianna
✦ ✦



What is creativity ?

Definition

*In the book creative school
sir ken Robinson defines
creativity as the process of
having original ideas that
have value stated
Robinson,(2014)*

Imagination

*Consider imagination, which is defined
as the ability to bring to mind things
that aren't present to our senses, and
innovation, putting new ideas into
practice.*



What does it mean to be creative ?

*being creative is the process of
Creating something new that
hasn't been witnessed before. It
involves thinking outside the
conventional norms. Rather
than being viewed as a talent,
creativity is seen as a mindset,
a purposeless, enjoyable action
that emerges during the
process.*



How does creativity link to movement and what is it ?

Creative movement is an opportunity to communicate through movement and create meaning. it is an intrinsic way for learners to express ideas, thoughts and feelings, links to imagination and senses. its also a great way for to stay healthy and focused in there creative ideas as movement acts as a great way to stimulate the brain function and spur creativity stated rainy(2018).

There able to tell a story, relate to others

Teaches them to learn important body awareness skills

Creativity enables children to experiment with thought process, actions and materials and can provide good opportunity's for problem solving, collaboration and negotiation

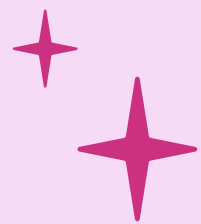
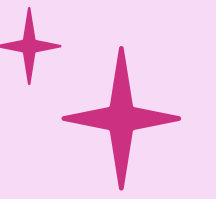
Makes a child feel comfortable in their abilities and allows them to apply these skills into other areas.

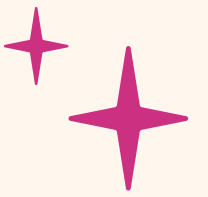
Why is it important that children are creative especially through movement ?

Creativity and imagination are important for social and emotional development also helps children develop relationships, self awareness and self confidence.

Trying new and original movements without fear of judgement, gives them a sense of trust and assurance.

Creative movement can contribute to muscle development by allowing the child to be physically fit and active.





- Use of a wide range of interesting and beautiful found materials, like wallpaper and fabric. exploring materials and media inspires children to think flexibly and creatively.
- Give them plenty of multi-sensory experiences and the opportunity to see images of art works. Eventually children will offer their own thoughts about their experiences
- Try different equipments such as balls, hoops and cloths
- Make it fun and exciting
- Use music, books and films to demonstrate
- Use different techniques such as pathways, levels and directions to encourage progress and challenges
- Fun games such as stuck in the mud, Simon says
- Gymnastics increase flexibility
- Shape games everyone may interpret it differently
- Using the labans pyramid of 8 aims as



Resources that could be useful to implement creative movement and structure lesson plans

Laban's pillars

Laban Movement

Componentents

Direct

Direction

Indirect

Heavy

Weight

Light

Quick

Speed

Sustained

Bound

Flow

Free

Efforts

Effort	Direction	Weight	Speed	Flow
Wring	Indirect	Heavy	Sustained	Bound
Press	Direct	Heavy	Sustained	Bound
Flick	Indirect	Light	Quick	Free
Dab	Direct	Light	Quick	Bound
Glide	Direct	Light	Sustained	Free
Float	Indirect	Light	Sustained	Free
Punch	Direct	Heavy	Quick	Bound
Slash	Indirect	Heavy	Quick	Free

This is a great resource to use as you can link fun stuff such as animals and objects to provide the opportunity for each individual to think how to move differently outside there body.It also helps children learn the difference of big and smal movements that they can link to more complex move or pattern later on.

Card activity packs

A card activity pack could be used to get everyone active think how something else would move and learn the levels.helps flexibility,balance and skills as such.



The foundation curriculum

The four purposes

These four purposes will be the foundation of everything you learn.

All children and young people will get support to be:

- ambitious, capable learners who are ready to learn throughout their lives
- enterprising, creative contributors who are ready to play a full part in life and work
- ethical, informed citizens who are ready to take part in Wales and the world
- healthy, confident individuals who are ready to lead fulfilling lives as valued members of society.

Ambitious, capable learners

Enterprising, creative contributors

Healthy, confident individuals

Ethical, informed citizens

Supports creativity as it gives space for children to be curiouse, intisquitive and generate new ideas.will help them discover new skills,experiences and knowledge

Equipment

Incorporating equipment into movement can be fun and challenging



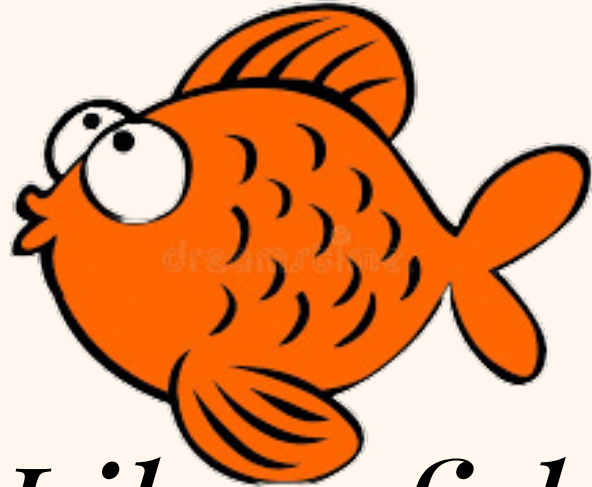
This is a card activity pack I've created as a resource to structure a lesson plan

Hop



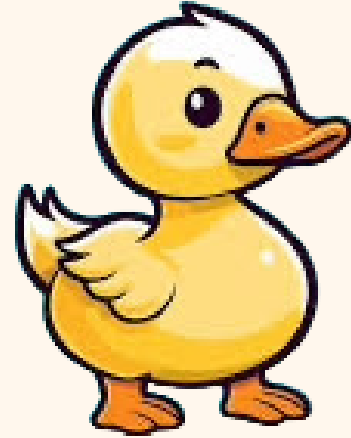
Like a frog

Swim



Like a fish

Waddle



Like a duck

Stand



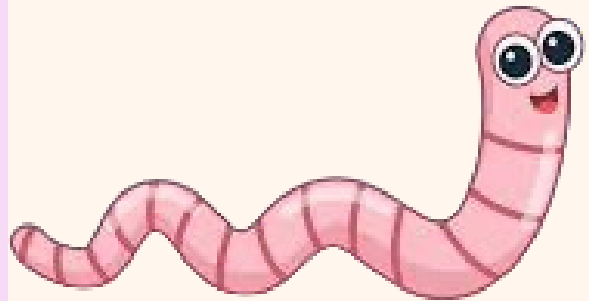
Like a flamingo

Stomp



Like a elephant

Wiggle



Like a worm

Crawl



Like a spider

Gallop



Like a horse

Swing



Like a monkey

Fly



Like a butterfly

Lesson plan: warm up

Duration 10 minutes

Individual task: To start the warm up I would spread the activity card pack out onto the floor upside down so the cards fronts aren't visible. I would then set a timer of 30 seconds, following which I would ask the children to run amongst the cards and that when the timer stops they have to stand beside the card nearest to them. They would then flip the card over to reveal the movement. They would then have to perform the movement for example hop like a bunny, waddle like a duck. I would then mix the cards up and get them to do it again.



Lesson plan: Main activity

duration 20-30 mins

Group work: I would put the cards out onto the floor then I would put the children into groups of 2-4 and ask them to pick 4-5 cards. I will then explain to them that I would like them to use the cards they've chosen to create a routine that has rhythm and flows (to challenge students you could also add in pathways, directions, speed and so on..) once they have practiced their routine I will ask them to perform it for the class each group going individually. Following their performance I will ask the students watching to create 2 stars 1 wish to help the children build on constructive criticism and learn from the activity and grow from it by being aware of what went well. And what can be improved on.



Lesson plan:cool down

Duration 5-10 minutes

For the cold down I would ask the children to pick their favourite movement from the cards and collect up all the cards doing that movement.



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