

Overdrive Practical Lesson 2

Resources: Clip 6 and Resource Sheet 4

Lesson Objective: To develop the ideas present in *Overdrive* with particular reference to Alston's principles of movement.

Starter Activity: Watch *Clip 6*. The students should be guided to discuss how the following ideas are explored: tilting, rotating, folding, extending and turning. The students should be encouraged to find examples in order to develop ideas for themselves.

Main Lesson: The warm up should consist of the elements outlined above, both as a static and travelling combination.

Using *Resource Sheet 4*, the students should then take a 'lucky dip' to select which two actions they will be exploring. More able students may be able to take three or four. Ask the students to explore at least three different ways of performing their word (for example, explore rotating a small body part as well as whole body rotation).

The students should partner up with someone who has different actions and by process of selection and manipulation they should join the material together to make one motif (linking them together with suitable transitions, shifts of weight, runs). The students should be encouraged to show and discuss their exploration of the ideas to each other before trying to piece them together with their partner. They should also be encouraged to use the corners and all four sides of the dance space.

The motifs/phrases can then be explored further. If time allows, try the following:

1. Changing the rhythms/speed
2. Insert a moment of stillness
3. Try and travel the phrase from a set point A to B.

Plenary: Cool down, then briefly revisit *Clip 6*, invite the students to compare their phrases to the performers in the film. There is a further opportunity here to discuss performance quality and dancing in unison, and the skills required for this.

Extension Task: The students should create a written evaluation of the lesson, critically analysing the successful and least successful elements of the task.