

CREATE AN IMAGE

Suggested Age 5+

Duration 10 min+

Group size 2+

Dance Task

Either by yourself, with a partner or your family, use some of the pictures below to recreate what you see. Copy what you see in the image and be able to pause when you are done. The photographs below are some of the pictures that the NDCWales company dancers used in the studio when creating *Rygbî*

This activity helps to:

- Discover how professional dancers work
- Build confidence when creating
- Find creative ways to use the body
- Build teamwork skill

Other ideas:

- Think about the emotion in the picture, how can your movement and facial expression help to show the story
- Research to find your own rugby pictures to use, you could even watch a video of a match and pause it to recreate the shape
- Set more than one image and then create a transition or link between them to build a small dance choreography



