

# national **dance** company **wales**

## cwmni **dawns** cenedlaethol **cymru**

Hello thanks for taking the time to take a look at the National Dance Company Wales, Family activity pack.

This pack has a range of fun creative dance tasks suitable for all the family. It also contains some tasks based on the NDCWales performance called *Rygbï*.

Rygbï is a dance performance that celebrates rugby in Wales, and the hopes, glory and passion of rallying together on and off the pitch.

National Dance Company Wales exists to make excellent and engaging dance with and for all kinds of people in all kinds of places. We create new possibilities for what dance could be and for what we could be. We nurture potential where it hasn't been recognised and develop it where it has. With movement, creativity, imagination and care, we help Wales and its diversity of people to flourish, showcasing Wales in the world and the world in Wales.

As a dance company we understand that it can be difficult to keep active now that you're stuck at home, but that doesn't mean that it's impossible!

It's important that the whole family gets their daily exercise in, and that the kids get a chance to burn off all that steam - and what better way to do it than through a family dance session? In this pack you will find a range of fun family friendly dance activities you can all enjoy together, **let's get dancing!**

We hope you enjoy these materials and find them useful. We would love to hear your feedback. Perhaps you will be inspired to create and share your own dance routines based on the activities in this pack? If so we would love for you to share them with us on our social media channels which are below.

Twitter: @ndcwales

Instagram: @ndcwales

Facebook @NationalDanceCompanyWales

If you want more information on our companies work please visit our website <https://ndcwales.co.uk/>

If you want more information on our Learning and Participation activity please contact Guy O'Donnell, Learning and Participation Producer for NDCWales at [guy@ndcwales.co.uk](mailto:guy@ndcwales.co.uk)

***Before you begin any dance task, please ensure you have stretched and warmed up.  
Make sure your space is flat with room to move and try to remove any hazards, such as rugs or furniture, to one side***

Activity One.

## THROW DOWN COLOURS



Suggested Age 4+

Duration 10 min+

Group size 1+

Video: [https://youtu.be/Uk\\_we7rJVws](https://youtu.be/Uk_we7rJVws)

### Dance Task

Using any kind of coloured object (for example paper spots, cushions or even toys), cover the floor so that you have a range of colours and objects evenly spread. You can turn the task into a colour treasure hunt challenge if you want at home! Once you have collected your objects call out a sequence of colours which your dancer must go to tap in the correct order.

### This activity helps to:

- Warm up the body
- Learn and remember patterns
- Find creative ways to move
- Explore the space and different pathways

## Other ideas:

- You can use different body parts to touch each object
- Take it in turns for other people to call out the sequence
- Add a time limit or make it a race!
- Think of other ways to move between the objects - could you move on a low level or in slow motion?

## Activity Two

# MAKE THE IMAGE



Suggested Age 5+

Duration 10 min+

Group size 1+

Video: <https://www.youtube.com/watch?v=lifSFoBwLwE>

### Dance Task

Using your body, recreate an image in a set time and freeze in the shape. You can use an actual picture or an object in the home, or you could give an example shape or image.

Or select some words that you think would make an exciting physical image. You could create some cards with the words on and add an image at the end to support literacy learning. Ask the dancers to choose an image from the pack. You could even put the words into a bag and select them 'Lucky Dip' style. The dancers then guess what shape is being made!

Here are some ideas below to get you started:

- Clock
- Rabbit

- Rugby player
- Pizza
- Cat

**This activity helps to:**

- Build teamwork skills
- Find creative ways to use the body
- Develop focus
- Writing
- Drawing
- Motor Skills

**Other ideas:**

- Play with more people to make more complicated shapes
- In a group all make the same shape and one of you has to pick a winner!
- Use a whole landscape to create an entire scene - a park, a zoo, a beach
- Reduce the time limit to make the game harder
- If playing with more people, you could set a race between who completes the shape first!



## Activity Three

# LEAD, TOUCH AND FOLLOW



**Suggested Age 6+**

**Duration 10 min+**

**Group size 2+**

### Dance Task

Working in pairs, one person is the lead and the other is the follow. The lead gives touch to the follow to guide them and make them move. The follow has to move each body part towards the lead so that they start to travel.

#### **If you are the leader:**

- Give clear contact so that the follow can feel it
- Take your time, let the follower move when they are ready
- Be safe and sensitive when you make contact

#### **If you are the follower:**

- Listen to the lead and only move the body part they touch
- Move slowly, try not to be too fast or get stuck between each move

### **This activity helps to:**

- Warm up the body
- Learn how to make contact sensibly
- Develop improvisational skills
- Find creative ways to move
- Build partner skills

### **Other ideas:**

- Use different music in the background to affect how you move
- Imagine moving through water, syrup or zero gravity to explore different movement styles.



## Activity Four

# MACHINES



**Suggested Age 6+**

**Duration 10 min+**

**Group size 2+**

### Dance Task

Either by yourself, with a partner or your family, come into the space and perform a repetitive gesture. For example, this could be folding and unfolding your arms, or crouching down and jumping up again. The person or people in the center continue to move as each group member then joins to add onto the shape. Their repetitive gesture has to fit around the person or people in the center until you build a machine with lots of moving parts. The idea is that you get as close together as possible, without touching.

### This activity helps to:

- Build problem solving skills
- Develop focus
- Find creative ways to use the body
- Build teamwork skills



### Other ideas:

- Change the size of your movement and try the game with small and large gestures
- Once you build your machine, try to make it travel whilst staying together
- Make more than one machine and then create a transition or link between them to build a small dance choreography

## Activity Five

# RUGBY DANCE



**Suggested Age 4+**

**Duration 10 min+**

**Group size 1+**

**Video:** <https://www.youtube.com/watch?v=HCKwdpGpUsU>

### Dance Task

Think about the shapes from rugby that you see on the pitch. It could be the shapes the players make – when they score a try, make a tackle, or it could be other shapes you see around the stadium, the ball, the posts or even the stadium itself.

Choose four that you think look fun and exciting. Having some shapes that are up high and some that are down on the ground will give your dance variety!

Here are some ideas:

- Try
- Rugby ball
- Pass
- Tackle

- Throw
- Goal posts

Once you have your shapes, think about ways you could join them together. For example, could you turn from a high shape to a low shape? Could you jump from a low shape to a high shape?

Here are some movements you could use:

- Jump
- Roll
- Turn
- Hop
- Skip
- Gallop

If you want to challenge yourself even more you could combine two together, what if you jump and turn? Now you have your dance see if you can remember it without pausing to think!

#### **This activity helps to:**

- Developing memory and sequencing
- Find creative ways to use the body
- Develop focus
- Writing
- Drawing
- Motor Skills

#### **Other ideas:**

- Can you make a duet with someone else?
- Can you change the speed of your movements? With some fast and some slow?

## Activity Six

# 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 *Ryghi*

### 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







## Activity Seven

# DESIGN YOUR OWN RUGBY KIT

Suggested Age 5+

Duration 10 min+

Group size 1+

### Dance Task

*Before you begin any dance task, please ensure you have stretched and warmed up. Your dance space must also be flat, have room to move and try to remove any hazards.*

Below are a selection of images and sketches that Carl Davies the costume designer of NDCWales Rygbi created. Using the template provided below design your own kit.

### This activity helps to:

- Discover careers in the Creative Industries
- Develop art and design skills

### Other ideas:

- Once you have completed your kit can you share it online?
- Research other Dance performances by NDCWales or other arts organisations. Can you design a Rugby Kit for them?
- Develop your kit one stage further, can you make it at home using recycled materials?



IMAGE PROVIDED VERY LOW QUALITY



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AKUMA

CARL DAVIES

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AKUMA

### DETAILS

To ensure you receive accurate artwork within a prompt timeframe please consider the below details when requesting amendments.

- Correct Colours**
- Logo Quality**
- Sponsor Logos**
- Logo Placement**
- Collar**
- Fit**

### LOGO QUALITY

To help us make your Crests, Logos and Sponsors as crisp as possible, here are a few guidelines on the artwork we require:

Artwork should preferably be supplied as an editable vector file, vector formats include:  
.ai (adobe illustrator), .eps, and certain .pdf files.

If these are impossible to provide, raster files such as .jpg, .png, and .tif at a resolution of 300dpi are also sufficient but quality may be affected if sizes larger than 2XL are required.

If you are unable to supply these files a redraw service is available. REDRAWING IS CHARGED AT £40 AN HOUR.







