



Module 2.

Recommended working time: 20-30 minutes per session, 3 sessions per week.

Duration: 2 weeks.

In this module we are advancing from module one and the exercises are built on the ones from module 1. We will be looking at moving at the same time, in time with the music or counted strokes. This will be an exercise that will help the students put in practise the rhythm training together at the same time as learning movement.

The movement used in this module is attached in video document in this module.

Warm up:

Stand in a circle and start throwing one tri-its to each other. No speaking, focus on getting eye contact to acknowledge each other. now it does not matter if you catch or drop the tri-its. The point of the exercise is to be able to focus and see and respect each other. Add more tri-its on when the group ha gotten a good flow with the first one however try not to rush this, let the first tri-its be in play for enough time.

Talk about different rhythms and look at the geometrical shapes that corresponds i.e. Blue triangle = three counts and corresponds with the blue tri-its. What does three counts mean? Count together 123, 123, 123, also try to clap it. Repeat with all different paces.

Go into pairs (person A and person B) - each pair has one tri-its. Person B puts their hands behind their back, person A holds the tri-its in one hand in front of their body above their head.

Person A and B holds eye contact, person A decides when to drop the tri-its and it and person B tries to catch it - Then swap roles. Try a few times each.

1. Stand in small group of 3-4 people. Form a circle with you hands out to the side, one with the palm facing up, the other one facing down. Start with one tri-its. Drop it from your hand into the hand of the person standing next to you, on the count of one. the next person has two counts to get the tri-its to their other hand to prepare to drop it on the next count of one. Let the tri-its work its way around the circle. The goal is for everyone to have a tri-its and everyone dropping simultaneously.
2. Repeat step one with the counts of four, five, six and seven with the correlated movement.