

## Unit 4: Volcano

**LEARNING  
OUTCOMES****The student will :**

- *gain an understanding of body parts and transference of weight*
- *gain an understanding of elevation.*

**RESOURCES**

*Poems about volcanos, descriptive accounts.  
Brainstorm students for word ideas: flow, erupt, melt, solidity.  
Teacher should prepare own resources, e.g. chart.*

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up Music: Inishere		<b>Introduce action words - erupt, melt, bubble, flow, engulf, solidify</b> <b>Set Study:</b> Stand, feet apart - roll down and up. Roll down onto hands, push back to feet, roll up 8 counts. Roll down, slide forward, onto trunk, push back to kneeling position and sit on heels, reach right arm forward, roll onto back, continue over onto knees. Repeat to left. Up to standing and repeat.	Head tucked in. Feel the weight of the head take the spine down, vertebra by vertebra, knees soft, feel weight transfer to hands and trunk. Tuck bottom in to come up. Smoothly transfer weight onto arm and side, soft tucked roll over, knees close to chest.  Note: stress safety aspect of the set study.
Exploring the ideas Music: the Monster Movie		<b>Task 1:</b> Erupt and melt: Start near to the floor and spring to land on another part of the floor. On landing, let the body sink very slowly into the floor. <b>Task 2:</b> Experiment with different parts of the body leading the explosion <b>Task 3:</b> Bubble: make the body rounded and jump with your back leading the action, to represent the lava bubbling up. <b>Task 4:</b> Explore bubble action with smaller body parts <b>Task 5:</b> Flow: imagine that the parts of the body touching the floor are firmly fixed there. Pull slowly and strongly against these points of contact and travel by letting other parts of body sink down and repeat the process. <b>Task 6:</b> Engulf and solidify: experiment with moving towards a partner and wrapping yourself around them. Partner moves out and tries the action on you whilst you retain the shape.	Teaching points: ask students to try to make the body stretched or spiky whilst in the air sink into the floor should be done as if melting. Landing with feet wide apart will help students to gain control.  Teacher checks the back is rounded and leads the action.  The action should be slow and powerful.  Students should use a variety of different ways of enclosing their partner's shape.
Development		<b>Phrase - jump - melt - bubble - flow</b> <b>Task 7a:</b> alone perform 3 of the erupting jumps and melt to the floor. <b>Task 7b:</b> include three bubbling jumps in this sequence. <b>Task 7c:</b> with a partner engulf and solidify as before. <b>Task 7d:</b> tasks 7a, 7b are performed alone and join with partner to perform 7d. Dance is practised.	
Conclusion		Half of the class observe while the other half perform. <b>Suggested progression:</b> students suggest other words which might inspire other movement ideas, trembling, hissing etc.	
Cool down		Opening set study or breathing exercise e.g. step and close, plie position, arms down in front, with circular movement lift the arms up over the head whilst raising up on to the toes. Plie as you bring the arms down in front.	