



THESEUS AND THE MINOTAUR

12 Starting Activity

(i) Remember and rehearse the dance so far without music to reinforce the links.

13 (ii) Practise the dance so far to music.

(Tracks 12, 13, 14)

14 Exploration and Development

(i) Extend one arm above your head and grasp the hand of your partner's extended arm. Improvise and explore ways of twisting, bending, rising and falling without losing your grip. *(Encourage children to think about Theseus and the Minotaur wrestling and emphasise twisting, timing and SAFETY - talk to each other. Practise slowly and carefully.)*



(ii) Vary your grip and sometimes briefly release your grip to include some rolling and jumping actions.

(Discuss with the children how variations in speed make the movements more interesting and communicate the idea of wrestling and fighting more clearly, e.g. slow-motion writhing movements combined with explosive jumps or fast rolls.)



(iii) Choreograph your struggle and make it very evenly fought – take it in turns to be the aggressor and finish with Theseus the winner. *(Allow time for the creative process and repetition and then play the music)*

15 (iv) Does your dance fit the music? Adjust the movements accordingly. *(Practise to the music again)*

Making a Dance

(i) Practise the section on entering the labyrinth and meet your partner at the end of it.

14 (ii) Practise the two sections - enter the labyrinth - the struggle

(Tracks 14 & 15)

(iii) Half the class perform entering the labyrinth and fighting the Minotaur to music whilst the other half observe and then reverse roles.

15 **(Tracks 14 & 15)**



Observers should answer questions e.g.

- (a) is the fight sequence expressing the well-matched struggle?
- (b) are the dancers using space well and fully extending/using their bodies?

Concluding Activity

10 (i) Face your partner and slowly stretch and curl in different directions and on different levels. Keep together and feel FULL extension and CONTRACTION.

TWIST

TURN

DART

FISH

GLIDE

SPREAD

LEAP

SHIMMER