



Music optional student activity 1

Your task is to explore Body Percussion sounds.

If you can, watch the video of the piece of music “Connect It” by Anna Meredith to get an introduction to the idea of what can be done with body percussion:

<https://www.bbc.co.uk/programmes/p02b5cgg>

1. Can you describe how they are using their bodies to create music?
2. Can you recreate these sounds using your own body? Give it a go!
3. How are they combining sounds to make the piece more complex and interesting?

Music optional student activity 2

Composing a body percussion piece.

Try creating your own piece of body percussion, by choosing sounds that you can make, and organise them into a timeline.

You may like to use the below grid to help you organise your sounds:

Each box in the grid below represents one beat (8 beats on both the top and bottom rows).

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16

Example of completed body percussion grid

1	2	3	4	5	6	7	8
Stamp	Chest/Click	Stamp	Clap	Stamp	Chest/Click	Stamp	Rest
9	10	11	12	13	14	15	16
Stamp	Chest/Click	Stamp	Clap	Pat thighs	Pat thighs	Rest	Shout 'Whoop!'

If you want to push this a little further, why not try performing with 2 or more players, but start at different points to make a polyrhythm!

Drama optional student activity 1

Objective: To learn about the effects of lighting from objects around your home.

- 1) Find a torch, lamp, or light on your mobile phone and find a darkened room (e.g. not bright sunlight and shut the curtains). If you do not have any of those things, try a room with sun on the wall.
- 2) Use your hands, objects, or cut out shapes to create silhouettes.
- 3) Play with the shadows to see what looks good. Try moving the direction of the light source to see what effects you can create. You could even experiment with your body and your face. Try doing different facial expressions and shine your torch or lamp at the side of your face.
- 4) You could also experiment with colour. Gather some empty sweet wrappers, for example the translucent wrappers from Quality Street or Roses as they are see-through but are coloured. Place the sweet wrapper near the torch, lamp, phone light and the light that projects onto a wall will be coloured.
- 5) Play around with the angle of your torch or light as you will get different effects. Play around with the distance between the torch or light and the object that you have in front of the light. What is the difference when the object or shape is close or far away from the light source?
- 6) Think about a story you know, the last book you've read or a fairy tale or fable, try to tell the story using shadows, silhouettes and colours.
- 7) Once you have finished playing, jot down some notes or a few paragraphs to explain what lighting ideas worked effectively.

Drama optional student activity 2

Objective: To experiment with your body and your voice to create different characters.

- 1) Find a pair of shoes that are not your own. Ask permission from the owner first and then put the shoes on and walk in them. How do you walk? What does it make you feel like? Create a character who might wear this pair of shoes and work out how they would walk.
- 2) Pretend that you are having an argument with someone, but you can only say the word 'banana'. Play around with how many ways you can use your voice to say 'banana' to put across your argument to someone else.
- 3) Pick a piece of music that you like and listen to it. Choose one specific part of your body (e.g. not leg – but could be calf or thigh as it's more specific). IMAGINE you have a piece of string attached to that part of your body and the string is pulling you. Move around to the music letting that specific part of your body lead you. What movements can you make? What shapes can you make? Change the part of your body that is being pulled – what are the differences in your body when you are led by your nose as opposed to your thigh, for example?
- 4) Imagine you have a magical piece of gum. Every time you put it in your mouth it gives you a different character voice... Robot, Witch, King, Judge, children's TV presenter... How many voices can your gum give you?
- 5) Once you have finished playing, jot down some notes or a few paragraphs to explain some of the activities that you did and what you learnt from exploring your body and your voice to create different characters.

Art optional student activity



I WANT YOU TO STEAL A PIECE OF ART

Why? So you can answer this question;

WHAT IS ART?

What I mean by that is that you should look at work you like from the internet, a book, and take from it. Take the idea, the look, the composition, how the media was used or the paintbrush etc, and use this to inspire your own work.

Don't just copy, that's what good artists do, great artists steal from others and adapt what they take, change it, make it their own. If you like the way something is drawn, take it. If you like the colours used by a certain artist, steal them. If you like the way a sculpture uses shapes, grab it and run off with the idea!



So what do you use? Whatever you want. A pencil, paint, materials you have lying around the house, the mud in the garden (to make a sculpture), a cardboard box you cut up, colouring pencils, pen, tissue paper, socks. Coloured paper, pegs, a camera, a straw, newspaper, yourself!

