



Australian Government
Australian Sports Commission



Prop dance

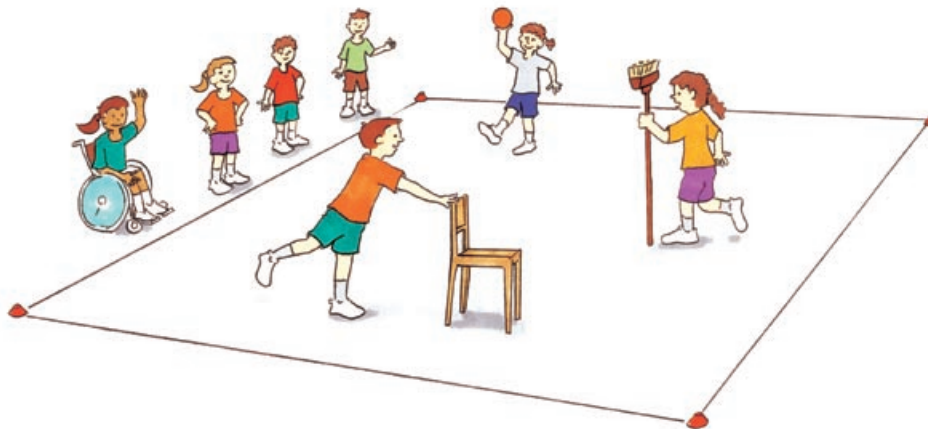
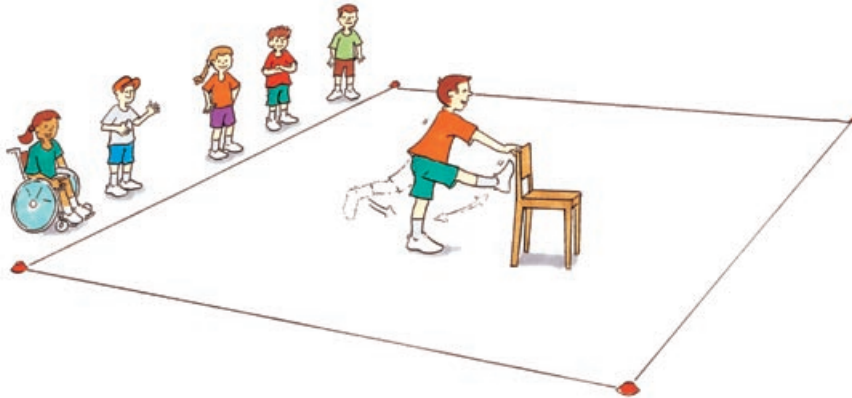
Each player has a chair or small object and devises a series of movements that incorporate the object.

What you need

- > 1 chair, ball or other small object per player
- > Music player and music

What to do

- > Each player has a chair or other small object.
- > Each player devises a dance that incorporates the object.
- > After practising their dance, players perform it for the group.



Change it

- > Add movement requirements, including a 'balance' object (prop) or 'balance on' object (chair).
- > Players work in pairs or small groups to devise a dance.

Safety

- > Make sure movements suit players' movement capacity.

Ask the players

- > Would you prefer to work with a partner or a small group?
- > What different movements can you do with your object? (e.g. on the spot, while travelling)

LESSON LINK

Prop dance is an activity that focuses on improvisation recall.

SESSION PLANS

Compos > Start Out MV 11B + Get Into It MV 15A + Get Into It MV 17

