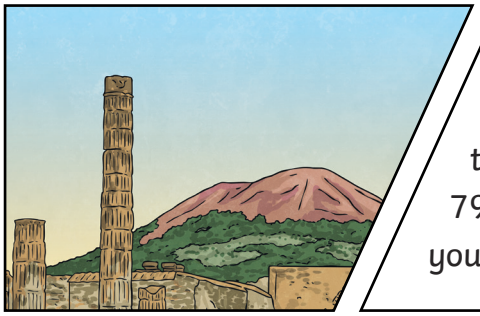
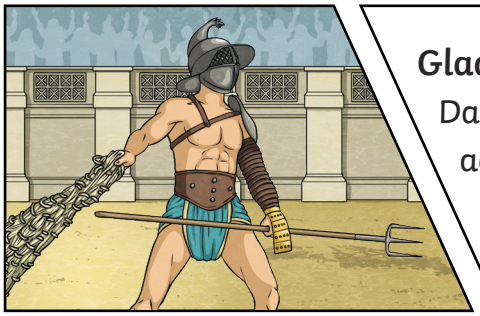
Dance Romans Activities



1

Inspired Improvisation

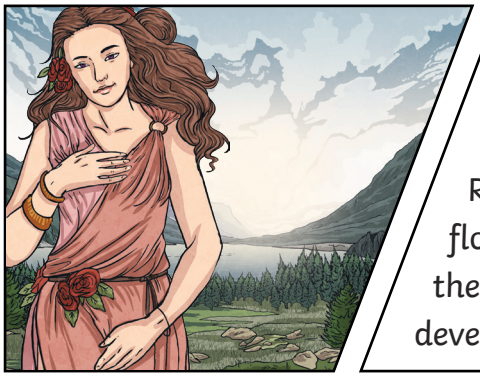
Improvise means to create actions on the spot, without rehearsing them. In our lessons, we learnt that Mount Vesuvius erupted in AD 79, burying the towns of Pompeii and Herculaneum under ash. Can you improvise three actions inspired by the way volcanoes erupt?



2

Gladiators in Formation

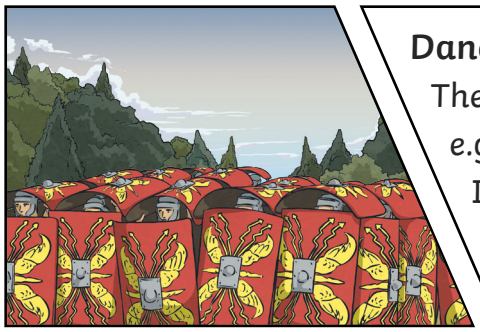
Dancing in unison refers to two or more dancers performing the same actions at the same time. Work with a friend or family member. Can you create a movement phrase to represent gladiators fighting at the Colosseum? Remember to act safely and respectfully.



3

Festive Floral Phrases

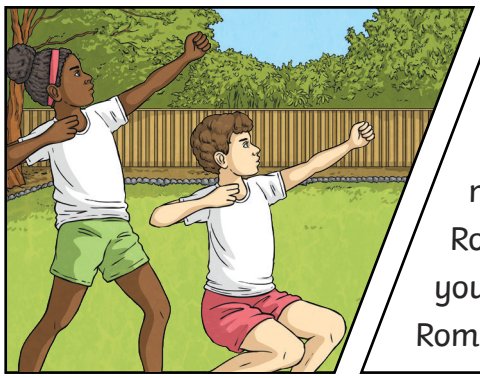
In our lessons, we learnt about the Roman festival of Saturnalia, a midwinter festival to celebrate the return of spring. Another Roman festival was Floralia, dedicated to Flora, the goddess of flowers and new life. Roman people decorated their homes and themselves with flowers and wore colourful clothing. Can you develop a movement phrase to represent the festival of Floralia?



4

Dancing into Battle

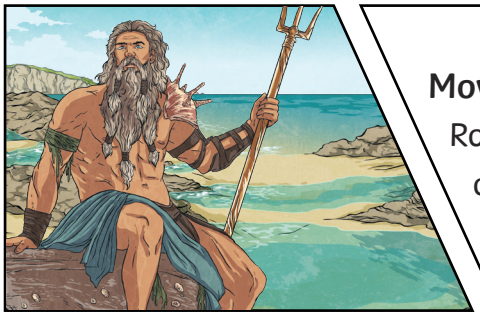
The dynamics of a dance are the ways the dance is performed, e.g. quickly, slowly, energetically, lazily, smoothly or jaggedly. In Roman times, Roman armies often invaded other lands. Can you perform three actions to represent the way the Roman soldiers marched into battle, using suitable dynamics?



5

Can You Canon?

Dancing in canon is when two or more dancers perform the same actions one after the other. Work with a friend or family member to do this activity. Remember that we learnt that the Roman soldiers used shield walls to defend themselves? Can you and your partner develop a short movement phrase in canon to represent Roman soldiers making a shield wall?



6

Move Like a Roman God/Goddess

Roman people believed in many different gods and goddesses. Find out about one god or goddess that interests you. Plan and perform a short movement phrase to represent that god or goddess.