childhood day

mile

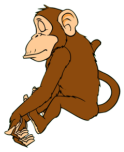
ROYAL BALLET SCHOOL

TRAVELLING ACTIONS OF THE BODY

Join us on an expedition – put on your explorer backpacks and your sunhats. Grab your binoculars, we're going on an adventure!

TEACHERS – You could ask students to bring in backpacks and sun hats and make binoculars out of kitchen roll tubes and draw a compass. The students could also draw a map of the area to be explored and the plants and animals found there.

Remember the big animals sleeping in the video? Imagine stepping over and around them without waking them up—maybe a giant step over an elephant's trunk or tiptoeing past a lion's tail. What other animals might be sleeping there?



As the sun rises, tall shoots emerge. Curl up like a fern and grow taller as you straighten your legs. Can you find new ways to uncurl? Now, recall how you floated as a seed. Repeat the sequence, traveling lightly through the air and exploring different ways to grow.

In the undergrowth, grasshoppers and toads compete to jump the highest. Try jumping on one leg, two legs, or reaching high into the air. What might you reach for in the jungle?

Next, soar like an eagle. Spread your strong wings—what does flying feel like? Imagine a powerful wind pushing you or a soft breeze lifting you gently.

Look through your binoculars—what animals do you see? Pick one and move like it. Is it fast or slow? Low to the ground or standing tall? Consider the size of its movements and how it treads through the space.

TEACHERS – you could look up with the children some fun facts about how fast different animals move and how long it takes them to move a mile. The Cheetah is the fastest land animal. What enables it to move so fast? It has a small head, flattened rib cage, and lean legs to minimize air resistance. When you move your mile you could move in the style of different animals. There are advantages and disadvantages of moving quickly and slowly. Which do you prefer?