



## Drama-

Welcome to your first week of Drama! First of all, let's do a few warm up activities. Some of them you can do on your own and some you will need to work with someone.

**Tongue twisters-** Let's warm up our mouths and tongues. Repeat these tongue twisters as many times as possible.

- Betty bought butter but the butter was bitter, so Betty bought better butter to make the bitter butter better.
- Peter Piper picked a peck of pickled peppers,  
A peck of pickled peppers Peter Piper picked.  
If Peter Piper picked a peck of pickled peppers,  
Where's the peck of pickled peppers Peter Piper picked?
- She sells seashells on the sea shore.
- A proper copper coffee pot.
- Rubber Baby Buggy Bumpers!



**Animals moves-** Next, let's start to warm up our bodies. Take it in turns with a partner, in a group or on your own to think of animals. Shout the animal out and move around the room like that animal. Think about the way they move, the speed and the body parts they use. Here are some ideas to get you started-

- Snake, camel, cat, crocodile, elephant, wolf, frog, rabbit, penguin, monkey, lion, meerkat, spider, kangaroo, giraffe, owl, ant, tortoise, puppy, panda, fox.

**Pass the magic box-** Now let's get our imagination working. Imagine you have a magic box in front of you. You can pull anything out of it. Use your mime skills to take your object out of the box and show whoever you are playing with what it is. If it is heavy show that it is heavy, if it is fluffy then stroke it, if it is smelly use your facial expressions. Here are some ideas of objects that could be in your box-

- A mouse, a rotten egg, an ice cream cone, a giant bouncy ball, a pair of snow shoes, a dusty old book, a fluffy kitten, a lipstick, a piece of bubblegum, a heavy spade, a tool kit.

Our main activity this week is going to be working on **Improvisation Skills**. Improvising or improvisation is where you perform something without using a script or plan and without practising or rehearsing it. Basically, you have to quickly come up with it on the spot- think on your feet.

**One line improvisation challenges-** Use the one-line starter cards (on the document on your learning page) to create a short piece of improvisation drama. Make up your scene as you go along.

**A night at the Oscars-** Work with a partner for this activity. One of you is a news reporter and one of you is a famous actor/actress. The news reporter is interviewing the Hollywood star about their latest movie on the red carpet. The news reporter's job is to ask interesting questions. The actor/actress's job is to come up with believable answers.

Tell us how you get on with your Drama work on the blog. Film yourself if you're feeling brave!



## PE

### Reaction wall

Let's warm up with some reaction wall games. You'll need to attach numbers on pieces of paper to the wall (alternatively you could use coloured cones on the floor). Get someone to call out numbers for you, which you have to touch in order as quickly as possible. Get the to mix up the order of numbers, and you can make it more challenging by facing away from the wall, or starting a distance away. Making the list of numbers longer will also work on your memory. Coordination, reaction time, and memory are all important skills in team games and sports.

[https://www.youtube.com/watch?v=D\\_KaDUryDes&list=PLYGRaluWWTojV3An2WEgsQ4qGFy\\_91jDL&index=20](https://www.youtube.com/watch?v=D_KaDUryDes&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=20)



### King of cones

Set up 3 markers in front of yourself, and three markers in front of your partner (who should be a distance away from you). They could be household objects like bottles or tins.

The aim of the game is to roll a small ball and hit one of your opponents markers. As soon as you hit their marker, collect it and add it to your side. The winner is the first person to collect all the cones.

Mix it up by kicking the ball instead of rolling it – you are still working on accuracy but with a different part of the body. You could also add more targets – maybe have two sets in different spaces? Be creative and adapt the game to your skills.

[https://www.youtube.com/watch?v=GXN9cYj6eX8&list=PLYGRaluWWTojV3An2WEgsQ4qGFy\\_91jDL&index=10](https://www.youtube.com/watch?v=GXN9cYj6eX8&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=10)

### Striking for distance

An important movement skills for sports such as cricket, tennis or badminton. You can use a bat or racket for this, or your hand if using a soft ball (or balled up socks).

First practise striking your ball – think about softly bending the knee, stepping forward as you swing. Stand slightly sideways on. Keep your eye on the object as it comes towards you. Then play hand cricket (or continue with your bat/racket). You'll need a partner – one person serves three balls towards the other, who strikes them with their hand or bat. They then run between two cones, seeing how many times they can get backward and forward until the server has collected the three balls. Watch it being played on this video (activity 4).

[https://www.youtube.com/watch?v=g4aNXE3i7AE&list=PLYGRaluWWTojV3An2WEgsQ4qGFy\\_91jDL&index=17](https://www.youtube.com/watch?v=g4aNXE3i7AE&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=17)

Have fun!

## **Big Thursday Outdoor Learning 11th March 2021**

### **Bees Needs!**



Bees need nectar to make honey. They get this from flowers, and as they hunt for nectar they spread pollen from flower to flower (this is called pollination). All flowering plants (including the fruit and vegetables that humans eat) need pollination.

How do they find flowers? Well, their eyesight isn't like ours. We will play a game to "find the flowers" hidden around the school grounds and work out which colours were easiest to spot. Bees may have had a different result – they can't see red, but they can see ultra violet, which humans can't see without special lights. They are good at spotting light and dark contrasts. Bees also use smell and electrostatic signals to find flowers.

For those of you at home, you might like to have a look at this video:

[Why are bees attracted to flowers? - BBC Bitesize](#)

You could either ask someone to hide objects around your house or garden for you to find and work out which colours were easiest to spot, OR give yourself 10 seconds, write down everything you can see and then work out which colour was the most common that you could see.

And this explains the game we will be playing in school:

[Bee Waggle Dance \(asu.edu\)](#)

You could have a go at this online game, and then try and give directions to someone in your home or garden with the waggle dance.

Bees also tell each other where the best patches of flowers are. We will learn the bees waggle and circle dances and have a go at communicating to each other using the dancing method to give directions.

## Art – Photography

### \*\*\*\*\*COMPETITION TIME\*\*\*\*\*

The Rotary Club, Dumfries is running a photography competition which is open to everyone aged 7-17. The task is to produce, and submit electronically, a portfolio of three photographs based upon the theme of **“The Perfect Moment”**.

There are more details of the competition on the learning pages on the blog so before you begin, have a read through the rules.

Let’s refresh our memories of some of the things we’ve learned in our school photography lessons...

Before you begin:

- Wrist strap on
- Both hands holding the camera
- Feet slightly apart for balance
- Steady hands while taking your shot to avoid camera shake

Some techniques we have used...

#### Angles

Worm’s eye view



Bird’s eye view



Eye level view



#### Macro (Close-up)



#### Monochrome (black and white)



#### Landscape



#### Silhouette



Even if you don’t want to enter the competition you can still post your pictures on the blog. Remember to tell us what techniques you have used and the inspiration behind your chosen photographs. **HAPPY SNAPPING TEAM HOLYWOOD!!!!**