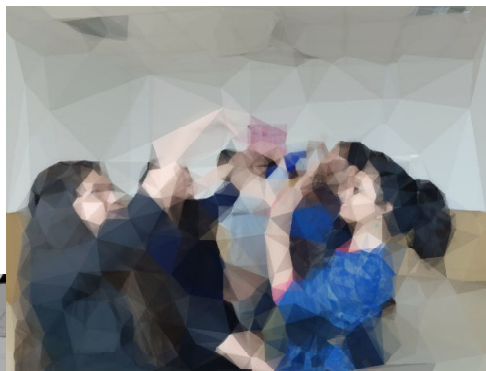




MOVEMENT MANUAL

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EXERCISE NO: 1 HEAD TO TOE

Structure

- 1.0 Objectives
- 1.1 Process
- 1.2 Minimum Learners
- 1.3 Duration
- 1.4 Properties Requirement
- 1.5 Variation
- 1.6 Key Words

1.0 OBJECTIVES

After doing this exercise, you will be able to:

- Warm up your body.
- Open up your body.

1.1 PROCESS

1. Learner begins with random walk, than become stand still.
2. Right leg out in front, point toes and then flex foot rotate clockwise – than counter clockwise. Switch legs and repeat.
3. Knee bend circle – Raise your right leg up so that your knee is equal to your waist. In this process your right leg will make a 90° degree of angle.

Now make an imaginary circle in the air with your right foot. Do this exercise five times clockwise and five times anticlockwise. Now do the same process with your left foot.

4. Waist circle – Stand tall and Move the waist clock wise and counter clock wise in circle.
5. Wrist Circle – Arms stretch out wide. Lock the arms only move wrist in circle.
6. Arm circle – Arms stretched out wide now move them in circle.
7. Head Circle- Carefully and gently move the head and neck in circle.

1.2 MINIMUM LEARNERS

One or more

1.3 DURATION

5 to 10 minutes

1.4 PROPERTIES REQUIRMENT

None

1.5 VARIATION

1.6 KEY WORDS

EXERCISE NO: 2 NUMBERING THE WALK

Structure

- 2.0 Objectives
- 2.1 Process
- 2.2 Minimum Learners
- 2.3 Duration
- 2.4 Properties Requirement
- 2.5 Variation
- 2.6 Key Words

2.0 OBJECTIVES

After doing this exercise, you will be able to:

Explore walking styles at different pace with different objectives.

2.1 PROCESS

Learners move around in the hall.

1. Facilitator count 1-7 in ascending or descending order.
2. Learners will change their walking pace accordingly.
3. When all are scattered then the facilitator takes the name of one learner.
E.g. 'You' walk at 3 then he/she will walk at the pace of 3 and rest others will walk at the pace they are walking.

2.2 MINIMUM LEARNERS

1 +

2.3 DURATION

5 – 10 Minutes

2.4 PROPERTIES REQUIRMENT

None

2.5 VARIATION

2.6 KEY WORDS

EXERCISE NO: 3 BALL

Structure

- 3.0 Objectives
- 3.1 Process
- 3.2 Minimum Learners
- 3.3 Duration
- 3.4 Properties Requirement
- 3.5 Variation
- 3.6 Key words

3.0 OBJECTIVES

After doing this exercise, you will be able to:

- Develop co-ordination.
- Develop spontaneity & confidence.

3.1 PROCESS

1. The Ball is thrown in air.
2. Learner will catch it using their body parts and throw it to another learner.
3. If anyone fails to receive, he/she is out.
4. The rule is that no one can keep the ball for a single moment.

3.2 MINIMUM LEARNERS

5 +

3.3 DURATION

5 Minutes

3.4 PROPERTIES REQUIRMENT

Big size ball

3.5 VARIATION

1. The Ball is thrown in air.
2. Learner will touch the ball to keep it in the air
3. They can use any body part to keep the ball in the air. Ex. Hands shoulders, Head etc.

3.6 KEY WORDS

EXERCISE NO: 4 SPACE WRITING

Structure

- 4.0 Objectives
- 4.1 Process
- 4.2 Minimum Learners
- 4.3 Duration
- 4.4 Properties Requirement
- 4.5 Variation
- 4.6 Key Words

4.0 OBJECTIVES

After doing this exercise, you will be able to:

- To make the body flexible.
- Learn to use of various body parts in acting.
- Co-ordinate between body and mind.

4.1 PROCESS

1. Learner has to write the alphabets (Hindi, English and so on) according to the instruction.
2. Stretch your hands perpendicular to the body.
3. Imagine the space around you as a writing pad.
4. Now write the imaginary alphabets of your body size with your hand in the air.
5. Involve your whole body while doing this and pronounce the alphabet until the completion.
6. In that way they understand the physical implication of imagination and coordination between body and mind.

4.2 MINIMUM LEARNERS

Any number

4.3 DURATION

5-10 Minutes

4.4 PROPERTIES REQUIRMENT

None

4.5 VARIATION

- This exercise can also be done specifically with elbow, Chin or Knee and other body parts.
- Learners can write Numbers also instead of alphabets.
- Learners can try to different language alphabets for variety.

4.6 KEY WORDS



EXERCISE NO: 5 MOVEMENT V/S COUNTER

Structure

- 5.0 Objectives
- 5.1 Process
- 5.2 Minimum Learners
- 5.3 Duration
- 5.4 Properties Requirement
- 5.5 Variation
- 5.6 Key Words

5.0 OBJECTIVES

After doing this exercise, you will be able to:

- Enhance imagination.
- Enhance your spontaneity and build up confidence among the group.
- Explore and learn to use of body movement.

5.1 PROCESS

1. One learner will come and freeze by doing any movement.
2. Another learner will come and add the counter gesture.
E.g. one can act as tap and other drinking water.

5.2 MINIMUM LEARNERS

2+.

5.3 DURATION

Depends upon the number of participants

5.4 PROPERTIES REQUIRMENT

None

5.5 VARIATION

This can be continued by adding counter gestures by other learner.

5.6 KEY WORDS

EXERCISE NO: 6 SMALL BODY V/S BIG

Structure

- 6.0 Objectives
- 6.1 Process
- 6.2 Minimum Learners
- 6.3 Duration
- 6.4 Properties Requirement
- 6.5 Variation
- 6.6 Key Words

6.0 OBJECTIVES

After doing this exercise, you will be able to:

- Enhance control over the body.
- Explore body movement.

6.1 PROCESS

1. Every learner lie squeezed as small as possible on the floor with every breath taken.
2. Slowly they get up assuming they are getting bigger and bigger.
3. Slowly they extend their hand and feet away from the body.
4. They should try to stretch as much as they can.
5. Now do the reverse with every breath exhaled come back to the starting position.

6.2 MINIMUM LEARNERS

1+

6.3 DURATION

5-10 Minutes

6.4 PROPERTIES REQUIRMENT

None

6.5 VARIATION

6.6 KEY WORDS

EXERCISE NO: 7 EYE CONTACT WITH MOVEMENT

Structure

7.0 Objectives

7.1 Process

7.2 Minimum Learners

7.3 Duration

7.4 Properties Requirement

7.5 Variation

7.6 Key Words

7.0 OBJECTIVES

After doing this exercise, you will be able to:

- Enhance coordination. / Coordination with co-actor.
- Overcome Inhibition.

7.1 PROCESS

1. Facilitator divides the group in to pairs.
2. Now all the pairs establish eye contact with each other.
3. After establishing eye contact they have to start movement without breaking eye contact.

7.2 MINIMUM LEARNERS

2+.

7.3 DURATION

3-5 Minutes

7.4 PROPERTIES REQUIRMENT

None

7.5 VARIATION

7.6 KEY WORDS

EXERCISE NO: 8 STATUS - HIGH AND LOW

Structure

- 8.0 Objectives
- 8.1 Process
- 8.2 Minimum Learners
- 8.3 Duration
- 8.4 Properties Requirement
- 8.5 Variation
- 8.6 Key Words

8.0 OBJECTIVES

After doing this exercise, you will be able to:

Lesson to react according to the status.

8.1 PROCESS

1. Facilitator divides all the learners into two group A and B groups.
2. A group is assigned higher status and B is assigned lower status in terms of profession, relation etc.
3. Now all the learners move around the room filing up the space, keep changing pace, move in different directions, and move without touching others.
4. Now, when any learner comes in front of each other, behave with each other according to your status.
5. After this is done then B group will play higher status and A will play lower status.
6. After this both the groups will settle down and discuss their experiences.

8.2 MINIMUM LEARNERS

2+.

8.3 DURATION

5-10 minutes

8.4 PROPERTIES REQUIRMENT

None

8.5 VARIATION

8.6 KEY WORDS

EXERCISE NO: 9 WALK DIFFERENTLY

Structure

- 9.0 Objectives
- 9.1 Process
- 9.2 Minimum Learners
- 9.3 Duration
- 9.4 Properties Requirement
- 9.5 Variation
- 9.6 Key Words

9.0 OBJECTIVES

After doing this exercise, you will be able to:

- Explore different walking style.
- Explore body movement.
- Develop co-ordination with others.

9.1 PROCESS

1. Move around the room, filling up the space, keep changing pace, move in different directions, and move without touching others.
2. Facilitator then asks the learners to walk in different styles like:
 - (a) Walk on heels.
 - (b) Walk on toe.
 - (c) Walk forward, applying force on your knees.
 - (d) Walk backwards, applying force on your knees.
 - (e) Walk forward, applying force on your chest.
 - (f) Walk backwards, applying force on your chest.

9.2 MINIMUM LEARNERS

1+

9.3 DURATION

5 minutes

9.4 PROPERTIES REQUIRMENT

None

9.5 VARIATION

By adopting the same procedure, this exercise can also be done using different body parts.

9.6 KEY WORDS

EXERCISE NO: 10 CREATING AN IMAGE AND MOVEMENT

Structure

- 10.0 Objectives
- 10.1 Process
- 10.2 Minimum Learners
- 10.3 Duration
- 10.4 Properties Requirement
- 10.5 Variation
- 10.6 Key Words

10.0 OBJECTIVES

After doing this exercise, you will be able to:

- Enhance imagination.
- Enhance spontaneity.
- Explore the possibilities of using of body movement.

10.1 PROCESS

1. Learner will walk randomly; facilitator will count 1 to 10 within this time frame participant will create an image by assembling into the group.
2. Once the tableau is complete. Learners will freeze in that position.
3. They will observe their image/Tableau.
4. Facilitator will say move and now image will become active.

Ex: learners assemble and create bird. When asked to move they will flap the wings as the bird fly or picking grain from beak shapes like square, triangle, numbers etc. can be tried.

10.2 MINIMUM LEARNERS

2 to 20

10.3 DURATION

5 to 10 minutes

10.4 PROPERTIES REQUIRMENT

None

10.5 VARIATION

10.6 KEY WORDS

EXERCISE NO: 11 SHARING THE CLAP

Structure

- 11.0 Objectives
- 11.1 Process
- 11.2 Minimum Learners
- 11.3 Duration
- 11.4 Properties Requirement
- 11.5 Variation
- 11.6 Key Words

11.0 OBJECTIVES

After doing this exercise, you will be able to:

Understand and react according to Emotions.

11.1 PROCESS

1. All learners stand in a circle.
2. The facilitator throws a clap towards one of the learner standing in the circle.
3. The learner receives that clap and throws it towards someone else.
4. This process goes on until everyone does it.
5. E.g. a delicate clap, heavy clap, big claps etc.

11.2 MINIMUM LEARNERS

5 +

11.3 DURATION

5 to 10 minutes

11.4 PROPERTIES REQUIRMENT

None

11.5 VARIATION

11.6 KEY WORDS

EXERCISE NO: 12 INDIGENOUS MOVEMENT

Structure

- 12.0 Objectives
- 12.1 Process
- 12.2 Minimum Learners
- 12.3 Duration
- 12.4 Properties Requirement
- 12.5 Variation
- 12.6 Key Words

12.0 OBJECTIVES

After doing this exercise, you will be able to:

Create indigenous movements.

12.1 PROCESS

1. Learners starts with leg movements with four count 1, 2, 3, 4.
2. Two steps forward and two steps backward.
3. Move left foot forward.
4. Move right foot forward.
5. Move right foot backward.
6. Move left foot backward.
7. Once, the rhythm is achieved. Add movement using one hand then other.
8. Again, once the rhythm is established voice/sound can be added.
9. It can be done with different pace.

12.2 MINIMUM LEARNERS

5 +

12.3 DURATION

5 to 10 minutes

12.4 PROPERTIES REQUIRMENT

None

12.5 VARIATION

12.6 KEY WORDS

EXERCISE NO: 13 NOW YOU ARE THE LEADER

Structure

- 13.0 Objectives
- 13.1 Process
- 13.2 Minimum Learners
- 13.3 Duration
- 13.4 Properties Requirement
- 13.5 Variation
- 13.6 Key Words

13.0 OBJECTIVES

After doing this exercise, you will be able to:

Develop coordination and movement.

13.1 PROCESS

1. Facilitator selects a leader and asks all the learners to move around.
2. When facilitator says stop and leader tries to touch the back of any learner and they try to save themselves from him/her. Leader has to touch someone within five counts.
3. In case leader is not able to touch any one, game will begin with new leader selected by the facilitator. If the leader is able to touch the other learner within the time frame he/she will become the part of leader's group learners and try to touch the other learner.
4. The group will go ahead touching the other participants and who ever caught will be the part of the group. The group again tries to touch the other participants.
5. Like this chain will continue and the difficulty level will increase.

13.2 MINIMUM LEARNERS

5 +

13.3 DURATION

5 to 15 minutes

13.4 PROPERTIES REQUIRMENT

None

13.5 VARIATION

If there are large numbers of participants, facilitator would need to choose two leaders.

13.6 KEY WORDS



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EXERCISE NO: 14 MOVE ON RHYTHM

Structure

- 14.0 Objectives
- 14.1 Process
- 14.2 Minimum Learners
- 14.3 Duration
- 14.4 Properties Requirement
- 14.5 Variation
- 14.6 Key Words

14.0 OBJECTIVES

After doing this exercise, you will be able to:

- Enhance the power of concentration.
- Explore the body movements.

14.1 PROCESS

1. Facilitator plays any music clip.
2. All the learners react to the music by doing some physical movements intune with the music played.

14.2 MINIMUM LEARNERS

5 or more

14.3 DURATION

5 to 10 minutes

14.4 PROPERTIES REQUIRMENT

Music System

14.5 VARIATION

14.6 KEY WORDS

EXERCISE NO: 15 LEAD TO THE MOVEMENT

Structure

- 15.0 Objectives
- 15.1 Process
- 15.2 Minimum Learners
- 15.3 Duration
- 15.4 Properties Requirement
- 15.5 Variation
- 15.6 Key Words

15.0 OBJECTIVES

After doing this exercise, you will be able to:

Explore different walking styles.

15.1 PROCESS

1. Move around in the room, filling up the space, keep changing pace, move in different directions, and move without touching others.
2. Follow the instruction like:
3. Become aware of your chin. Let your chin lead you around the room. Walk around.
4. Try being led by your forehead, nose, lips, shoulders, chest, stomach, knee, and your back and so on.

15.2 MINIMUM LEARNERS

1 +

15.3 DURATION

10 minutes

15.4 PROPERTIES REQUIRMENT

None

15.5 VARIATION

15.6 KEY WORDS

EXERCISE NO: 16 ANIMAL.... ANIMAL.... ANIMAL

Structure

- 16.0 Objectives
- 16.1 Process
- 16.2 Minimum Learners
- 16.3 Duration
- 16.4 Properties Requirement
- 16.5 Variation
- 16.6 Key Words

16.0 OBJECTIVES

After doing this exercise, you will be able to:

Explore the physical movements of animals and its implementation.

16.1 PROCESS

1. All the learners stand on both your arms and legs on the floor.
2. All the Learners are advised to walk like crab.
3. The rule is that no one can walk straight.

16.2 MINIMUM LEARNERS

1 +

16.3 DURATION

2 + minutes

16.4 PROPERTIES REQUIRMENT

None

16.5 VARIATION

Learners can walk like a frog, lion, cow, snake etc.

16.6 KEY WORDS

EXERCISE NO: 17 LOOSER IS WINNER

Structure

- 17.0 Objectives
- 17.1 Process
- 17.2 Minimum Learners
- 17.3 Duration
- 17.4 Properties Requirement
- 17.5 Variation
- 17.6 Key Words

17.0 OBJECTIVES

After doing this exercise, you will be able to:

- Enhance the power of concentration.
- Explore and control over the physical movements.

17.1 PROCESS

1. Learners stand in a line like 'Runners'.
2. All the learners start walking when facilitator gives signal.
3. All the learners are advised to run as slow as they can.
4. While walking learners should align knees at the waist level.
5. Last person to reach the winning line will be considered as winner.

17.2 MINIMUM LEARNERS

1 +

17.3 DURATION

5 + minutes

17.4 PROPERTIES REQUIRMENT

None

17.5 VARIATION

17.6 KEY WORDS

EXERCISE NO: 18 NAME- FILL THE GAP

Structure

18.0 Objectives

18.1 Process

18.2 Minimum Learners

18.3 Duration

18.4 Properties Requirement

18.5 Variation

18.6 Key Words

18.0 OBJECTIVES

After doing this exercise, you will be able to:

Identify the different styles of walking and firm movements.

18.1 PROCESS

1. Walk in right angle – than walk in right center – add tempo to it.
2. Learners walk in straight line. Facilitator directs the learners to turn like:
 - a. Turn right.
 - b. Turn right toward center.

18.2 MINIMUM LEARNERS

1 to 15

18.3 DURATION

5 to 15 minutes

18.4 PROPERTIES REQUIRMENT

None

18.5 VARIATION

Adding shape in work out can be variation in the exercise. This shape can be symmetrical assymetrical abstract etc.

18.6 KEY WORDS

EXERCISE NO: 19 MOVING GESTURES

Structure

- 19.0 Objectives
- 19.1 Process
- 19.2 Minimum Learners
- 19.3 Duration
- 19.4 Properties Requirement
- 19.5 Variation
- 19.6 Key Words

19.0 OBJECTIVES

After doing this exercise, you will be able to:

- Enhance the power of concentration.
- Explore various Physical movements.

19.1 PROCESS

1. Facilitator forms some groups with all the learners, each group having 3-5 participants.
2. Number or alphabet is assigned to each group.
3. Facilitator will now assign any gesture or movement to each group. E.g. Group 1 is assigned gesture of 'person showering blessings' and second Group-2 'begging' gesture.
4. Learners move around in the room, filling up the space, keep changing pace, move in different directions, and move without touching others.
5. On the count of 3 participants will create still gesture given by the facilitator. E.g. Facilitator says '1' then group 1 creates gesture of 'Person giving blessing' and Group-2 like 'Beggars' etc.
6. Learners follow instruction given by facilitator like 'Group-1' move, the group will move with gesture and Group-2 will remain still or both 1 and two move and so on.

19.2 MINIMUM LEARNERS

6+

19.3 DURATION

5 to 10 minutes

19.4 PROPERTIES REQUIRMENT

None

19.5 VARIATION

All the learners may form a single group or may mix in different groups according to instructions and that group may be assignes with multiple number/alphabet with multiple gesture/ movement.

19.6 KEY WORDS



EXERCISE NO: 20 MOVING KNOT KNOT

Structure

- 20.0 Objectives
- 20.1 Process
- 20.2 Minimum Learners
- 20.3 Duration
- 20.4 Properties Requirement
- 20.5 Variation
- 20.6 Key Words

20.0 OBJECTIVES

After doing this exercise, you will be able to:

- Develop the group co-ordination through movement.
- Enhance the concentration power.

20.1 PROCESS

1. Learners stand in a circle joining hands.
2. They will start moving around each other without leaving the hands, thus forming a complicated knot.
3. Once they are unable to move anymore they have to unwind the knot and become the circle again.

Note: One cannot change the way or manner they are holding hands.

20.2 MINIMUM LEARNERS

5+

20.3 DURATION

10 minutes

20.4 PROPERTIES REQUIRMENT

None

20.5 VARIATION

20.6 KEY WORDS
