



## Rumplestilskin – Creative Task

### Shepherd and Sheep

Before beginning our 'Shepherd and Sheep' video please ensure you are in a clear space with plenty of room to move.

If you haven't participated in any of our videos before, please read through our tips for working safely below.

If you have already read these, you can skip straight to page 2 to see our Exercise Breakdown with useful tips!

### SAFE PRACTICE

#### BEFORE YOU BEGIN – CHECK LIST

##### ***Are you dancing safely?***

Don't do anything that hurts or feels uncomfortable!

If the movement from our videos hurts or feels uncomfortable – change it! You can always adapt or change the movement, so it feels comfortable for your body.

##### ***Are you injured?***

If you are injured, we suggest you don't take part in these videos, or make sure you are able to adapt the material safely.

If you do hurt or injure your body – rest and seek medical advice.

##### ***Is your space safe?***

Make sure you are in a clear space with lots of room to dance around, especially if you are dancing with other people.

#### THINGS TO CHECK:

***Are there any objects on the floor that you could stand on or trip over?***

***Are there any things in the space that you could break?***

##### ***Anything else?***

We suggest wearing comfortable clothing that you can move easily in and bare feet.

Make sure you're not wearing anything slippery on your feet!

Go at your own pace – you can stop and start the videos at any time, and go back if you missed any instructions or moves. We suggest you watch each video once before joining in so that you know what to expect.

### Have fun dancing!



## **Shepherd and Sheep – Creative Task Exercise Breakdown with useful tips!**

When doing our 'Shepherd and Sheep' video, it's important to remember it's not about doing every movement perfectly but having fun whilst dancing along.

For this video you will need one other person to dance with as you will be making your own duets. You may want to use some string or shredded paper to use as pretend hay to feed and lead your sheep with.

Our video takes you through a warm-up that will get you moving like a sheep and then we will teach a duet.

- Begin on all fours and peel your hands on and off the floor like they're stickers, warming up the wrists
- When you are doing our sheep movements, we want you to think about being soft in the wrists and elbows, making sure you bend in the elbows and wrists when doing any jumps, this is to make sure we avoid hurting or injuring ourselves. We also want you to think about keeping your spine and body long and still and keeping your knees off the floor to protect them
- Practice walking on all fours like a sheep, keeping your knees off the floor and your back straight and long. Think about making your arms and legs quite long and stiff, so you plod around like a sheep.
- Keep your hands on the floor and try jumping your legs around in a circle to turn around
- Pushing equally between your hands and feet, make your sheep jump in the air, trying to make your hands and feet leave and land on the floor at the same time
- Make your sheep trot a bit faster around the space, still keeping your back long and straight
- Take a little break, wiggle your fingers, and stretch out your wrists by turning your hands so your palms are facing up, then lay palms on the floor with your fingers pointing towards you. Repeat on the other side. Now turn your hands the other way and place the backs of your hands on the floor, so that your fingers are pointing towards you. Repeat on the other side.



- Decide between you who is the sheep and who is the shepherd, the shepherd can hold the 'hay' (string or shredded paper), if you are using this. Both of you lie down and pretend to be asleep. Think about how you would lie down/go to sleep if you were a sheep and if you were a shepherd
- Wake up, thinking about how a sheep would wake up and how a shepherd would wake up
- Both of you shake off the straw or hay, do this as your character
- The shepherd feeds the sheep some hay
- The shepherd leads the sheep out of the pen. Make sure if you are a sheep you are walking like a sheep on all fours, if you are a shepherd you can be creative about how you move. Think about if your character is young or old? Happy or sad? How can you express your character through how you walk and interact with your sheep
- Shepherds lead their sheep around the room, you can make them jump, change direction and speed, be creative
- Find a new space in the room and shepherds teach the sheep some dance moves. The sheep carefully copy the shepherds dance moves. Remember to stay in character, copying the shepherds dance moves as sheep not humans.
- Together you are going to travel back down the road to your pen, and fall back asleep

## Cool Down

After dancing we recommend that you give yourself time to cool down. You can either follow one of our cool down videos or do your own stretches.