



Rumplestilskin – Creative Task

Wool World

Before beginning our 'Wool World' 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!



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Exercise Breakdown with useful tips!

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

In this video our dancers are dancing with a ball of wool, you can use a small ball, ball of wool or string. You will also need someone else to dance with, you can also adapt these exercises in larger groups of 3 or 4.

- Sit down opposite your partner with your ball of wool, once we start moving and passing the ball of wool we want you to keep going without stopping.
- Roll your ball of wool between you
- Next, circle the ball of wool around you before passing it to your partner.
- Throw the ball of wool to your partner
- Add a jump when you throw the wool
- Stay standing and use your whole body to throw the ball to your partner
- Start to add in your own movements as you pass the ball between you, you can jump, turn, cartwheel, roll and slide on the floor
- You can now put on our suggested track to continue to find new and creative ways of passing the ball to each other, making your own dance up

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.