



Get Set 4  
Education

# Space to Move

## What you need:

- a playlist of music
- a little space

Collect a playlist of your favourite music and music you don't usually listen to. Make the listening journey as varied as possible. Try to think outside of your musical comfort zone.

Include music from other cultures, think;

- Japanese
- Indian
- samba

Classical tunes, think;

- Nutcracker
- Swan Lake
- The Skaters Waltz

Folk music, think;

- Mazurkas Op. 24 by Chopin
- Sprinting Gazelle by Reem Kelani
- Sea Shanties

Dance!!! Play your music and move to it. Don't think, just dance! Walk, skip, trot, jump, hop, slide...maybe even try moving at different levels.

Low - crawl, slide, roll etc.

Mid - sway, slide, rock etc.

High - stretch, reach, jump etc.



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