

<b>Aim:</b>	To understand the Freeze command, and how to be creative using stillness, body language and facial expression.
<b>Space:</b>	Large
<b>Equipment / Resources:</b>	Small beanbag or soft ball, whistle (optional)

### WARM-UPS

**Catch My Name:** Sit in a circle. One player calls out the name of another and throws the beanbag, or ball, to them. That person catches it, calls out the name of someone else and throws again. Continue for a few minutes then reverse it, so that the catcher calls out the name of the thrower. This requires clear eye contact and a lot of co-operation!

**Up, Down, Freeze:** Walk about the space without touching. Call out commands and players must respond, as follows:

- UP – stand still with arms raised in the air
- DOWN – crouch down on the ground
- FREEZE – stand perfectly still and silent
- ONE LEG – stand on one leg!
- HEADS – put hands on head
- SHOULDERS – put hands on shoulders
- TURN – turn and face in the opposite direction
- GO – continue moving

Players who respond late, or incorrectly, are eliminated and must sit down. Others then work around them.

### MAIN ACTIVITY

**Hotspot:** Walk about the space without touching. (Blow the whistle). Call out a number. Players form groups of that number of people as quickly as possible, and sit down when they've achieved it. Stand, walk about again, and repeat with a different number.

**Freeze Letters:** Into pairs or threes. Create three-dimensional (i.e. upright, not flat on the floor) representations of letters with your bodies. Good ones are: L, T, W, Y, R

**Freeze Words:** Into small groups. Create three-dimensional representations of words with your bodies, as follows: MILK, TOW, CAT, TOOL

**Freeze Words (2):** In same small groups, create a three-dimensional representation of a word of your own choosing. Show the rest of the group. Can they see what your word is?

### ENDGAME

**Look Down, Look Up:** Stand in a circle. When you say *Look Down*, all players must look at the floor. When you say *Look Up*, players must look at someone standing in the circle. They must make it very clear who they're looking at. If the person they're looking at is also looking at them, both players are out and sit down. Check for cheats not looking at anyone! Keep making the circle smaller, asking those still playing to take a small step forwards. Keep the circle quiet and ensure that everyone is concentrating. Lengthen the pauses between instructions to add to the dramatic tension! Continue saying *Look Down, Look Up* until you have a winner or winners.

## **Other Resources Available from Arts On The Move**

**Arts On The Move** produces and publishes a wide range of resources for schools, drama clubs, and youth theatres. These include lesson plans, schemes of work, drama packs, policies, starter guides and play scripts for young actors.

These teaching materials and plays have all been created by experienced teachers and writers who know exactly what practitioners need. Consequently the quality is high and the prices are low, some are even free to download!

Find our complete list of resources here:

[https://www.artsonthemove.co.uk/e\\_shop/plays-teaching-materials.php](https://www.artsonthemove.co.uk/e_shop/plays-teaching-materials.php)

Please contact Arts On The Move if you need a specific resource and can't find it in our shop:

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# ARTS



## *on the move*

Arts On The Move is run by Alison Chaplin, a qualified drama teacher and experienced youth theatre practitioner. All resources have been produced to support teachers, youth theatre directors and drama practitioners working in schools, junior drama groups, youth theatres and drama clubs. The lesson plans, schemes of work and drama packs produced by Arts On The Move cover a wide range of topics and are the result of over thirty years' experience of working with young people.

Arts On The Move is happy to provide creative support to any teachers, drama practitioners and youth theatre directors. If you have a question, are looking for a resource, want to commission a play script, or just need a sympathetic ear please get in touch!

### **Arts On The Move**

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