



PERFORMANCE AND WORKSHOP

movemixmunch

FOR 16-25 YEAR OLDS WITH LEARNING DISABILITY

A performance and workshop supporting PE/Dance as well as PSHE and SEAL objectives. Delivered by **involuntarymovement**, a dance-theatre company working with young people with learning disability, using movement as a tool for developing social motor skills and emotional maturity.

WORKSHOP OUTCOMES

Participants:

- Take part in a movement-based introduction.
- Lead a section of the warm-up.
- Follow other participants when it is their turn.
- Individually create movement inspired by colour.
- Perform a sequence in small groups to live music.
- Watch other groups and give feedback (verbal and non-verbal).

Participants develop:

- Cardiovascular fitness
- Grounding, alignment, spatial awareness
- Developmental movement patterns
- Awareness of others physically and socially
- Leading and following skills
- Decision making skills and self expression
- Sensitivity to touch and contact
- Creative movement skills



FORMAT AND CONTENT

This educational product consists of a dance performed by young people with learning disability, aged 16-25, followed by a workshop led by two inclusive dance practitioners and assisted by the performers. The total time required including set-up, performance, workshop and take down will be 2 hours, of which the performance will take 25 minutes and the workshop 45 minutes.

The performance is packed with energy and colour, inspiring audiences to consider how everyday objects and even food can be used to create dance. There is a swirl of colours which are one by one highlighted and performed with personality and humour, drawing in the audiences who by the end will want to dance. The performance, the set and costumes all of which have been designed by the performers, are inspired by the exhibition of Matisse's cut-outs at the Tate Modern.

The workshop draws on material from the performance and how it was composed. It gives participants the opportunity to dance and experience the creative process whilst working on confidence, performance skills, leading and following, teamwork and memory.

There will be live musical accompaniment (drumming) to the performance and the workshop.



COST, REQUIREMENTS AND CONTACT

We have raised funding from Arts Council England and elsewhere to cover over half the cost of the project for 8 venues; the cost for the first 8 venues that confirm a booking will be £225. Remaining performances will be charged full price.

A Hall/gym space (with an approximately 8mx8m performance area) is sufficient.
The company will bring the drum-kit and the set.

Participants require the same level of support from college/club staff as in a regular class (a minimum of two college/club staff members to be present with each class at all times).

**For information and to book contact Ali Kaviani:
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