

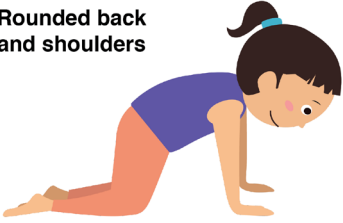

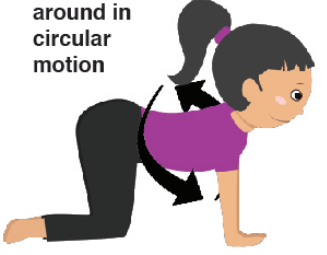


DISCO CAT CARDS



PUPPY DOG	DOWN DOG	ANGRY CAT	HAPPY CAT	DISCO CAT
<p>Arch back</p>  <p>Hips high</p>	<p>Hips over shoulder</p>  <p>Feet shoulder width apart</p> <p>Flat hands</p>	<p>Look at Ground</p> <p>Rounded back and shoulders</p>  <p>Draw belly button towards spine</p>	<p>Arch back, head high</p>  <p>Hands flat</p>	<p>Rotate hips around in circular motion</p>  <p>Hands flat</p>



MAIN BODY DISCO CAT

LESSON FOCUS: EMOTIONS

EQUIPMENT

- 5 posture cards
- Music Player

MUSIC

- Roar

SAFETY

- Ensure there is ample space between students.

POSTURE CARDS

- Puppy
- Down Dog
- Angry Cat
- Happy Cat
- Disco Cat

HOW TO PLAY

- Students work through the following poses from the warm up activity practising correct technique.
- Once students understand the poses, the teacher reads out the story while students move slowly into each posture.
- The teacher corrects the postures according to the Key Coaching Points on the posture cards.
- Students try and breathe slowly and with control.
- Poses can be held for 15 seconds or 32 counts in the music.
- The aim is to have a smooth transition from pose to pose ensuring the students are focusing on their breathing and being in the moment with each posture.
- After the students have practised the poses with the story they can try the poses to the music with minimal hints from the teacher. The teacher may just wish to announce each posture every 15 seconds or 32 counts in the music.

STORY: DISCO CAT

- One day, Magic the mouse was sitting next to the driveway enjoying fresh air and the old smelly cheese she had found in the morning breakfast scraps
- Magic was also waiting for her friend Piper the Puppy Dog to arrive home from puppy training school. Piper was not very obedient when it came to house rules **(Puppy)**
- Magic asked if Piper would like to go to a disco party this week. Piper said she would love to however Doug the Dog would have to come along to supervise because she was still a puppy **(Down Dog)**
- When Doug the Dog was asked he suggested they invite Kitty the Cat. Magic and Piper thought Kitty Cat was always angry and would not enjoy the disco party **(Angry Cat)**
- Magic, Piper and Doug all decided to ask Kitty Cat to the party. Kitty Cat said she would like to come to the disco. She started to smile and was looking very happy **(Happy Cat)**
- The happy Kitty Cat squealed 'I love discos, watch me do my disco cat dance' **(Disco Cat)**

CHANGE IT

- Students stand in a circle with one pose in front of them. They announce their pose every 15 seconds or 32 counts in the music, and lead the story.

