

HOME
SCHOOL
HEROES

EXERCISE TO ART

0002



CAN YOU EXERCISE TO ART??

Is it possible to exercise like an Artwork? People run to music so why not move to art during your daily outdoor exercise? If you want to be innovative and creative, you sometimes need to embrace the unfamiliar.

So let's get our silly shoes on, get out for our daily exercise and move in mysterious and creative ways. As my dad used to say, 'If you don't have a go, you'll never know'

YOU WILL NEED:
Tape measure
Something to record
your performance on

1. Ok, before we get outside let's do a little research. At Jupiter Artland we have loads of exciting contemporary sculptures in our collection. Select one Artwork that you really like.

Got one? Ok now save it on your phone or just close your eyes and remember it.

2. Now think about how your artwork could change the way you move.

Maybe it could be small tip toe steps for 'Over Hear' by Shane Waltner or arm pumps for 'quarry' by Phyllida Barlow. We are going to get all Maths on this, so think of exercise moves that you can count as you perform. Now let's get your boots on and find an outdoor space.

3. Performance needs practice, so when you've found a lovely outdoor space, remind yourself of your chosen artwork and try out your exercise moves. Windmill your arms? Kick your legs? Wiggle your bottom? Move like your artwork. Feedback is essential for the creative process so get your buddies to give you ideas on how to make it better.

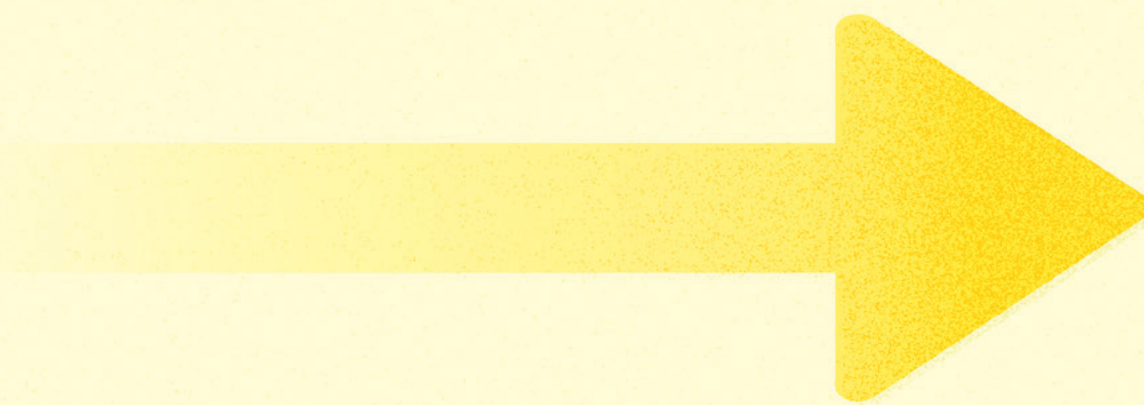
4. Got your perfect art exercise? Then let the performance begin. Get your buddy in place to record your art move and action! Count your art moves and remember the total you can only stop when you are out of breath.

MATHS MIX UP:

With your Art exercise completed and your number of moves counted, try out these maths problems:

Divide your total by 4. How many moves have you got? If you went 6 times longer how many moves would you have made? If you had 8 other friends who did half the moves you did, how many moves did you all do together?

WANT MORE?



LEVEL UP ON THE NEXT PAGE



LEVEL UP BELOW!! KIDS WANT MORE!

Try making your own art exercise exhibition.

Select at least three artworks and undertake your creative movement

morphing from one artwork to the next.

TEACHER ZONE

SOCIAL SCIENCE

Have you ever seen gulls running on the spot in the park. Well, it's a great way of bringing worms to the surface for eating. Set out an experiment and find out who's art exercise can bring up the most worms.

EXPRESSIVE ARTS

Push beyond normal exercise and explore ways to express artworks through movement and dance. Collaborate with a buddy with a face-to-face creative dance off

LITERACY

Look at the recording of your daily exercise and create a short story using the following prompts:

- ➔ Where are they going?
- ➔ Who will they meet?
- ➔ What will they do then they get there?

MATHS

Count the number steps in your creative walk over the 5 meters. How many steps will you have to make to travel 3m, 21m, or 5km?

TOO EASY?

- ➔ Try this: If Jupiter has a circumference of 439,264km, how many steps would you have to take to walk the whole way around the planet?

PARENTS CORNER

EXTENSION TASK ONE: Lets have a lockdown household hug, place a stone or stick on the ground all step back 5 meters, then do your creative movement on mass to the middle and finish with a hug.

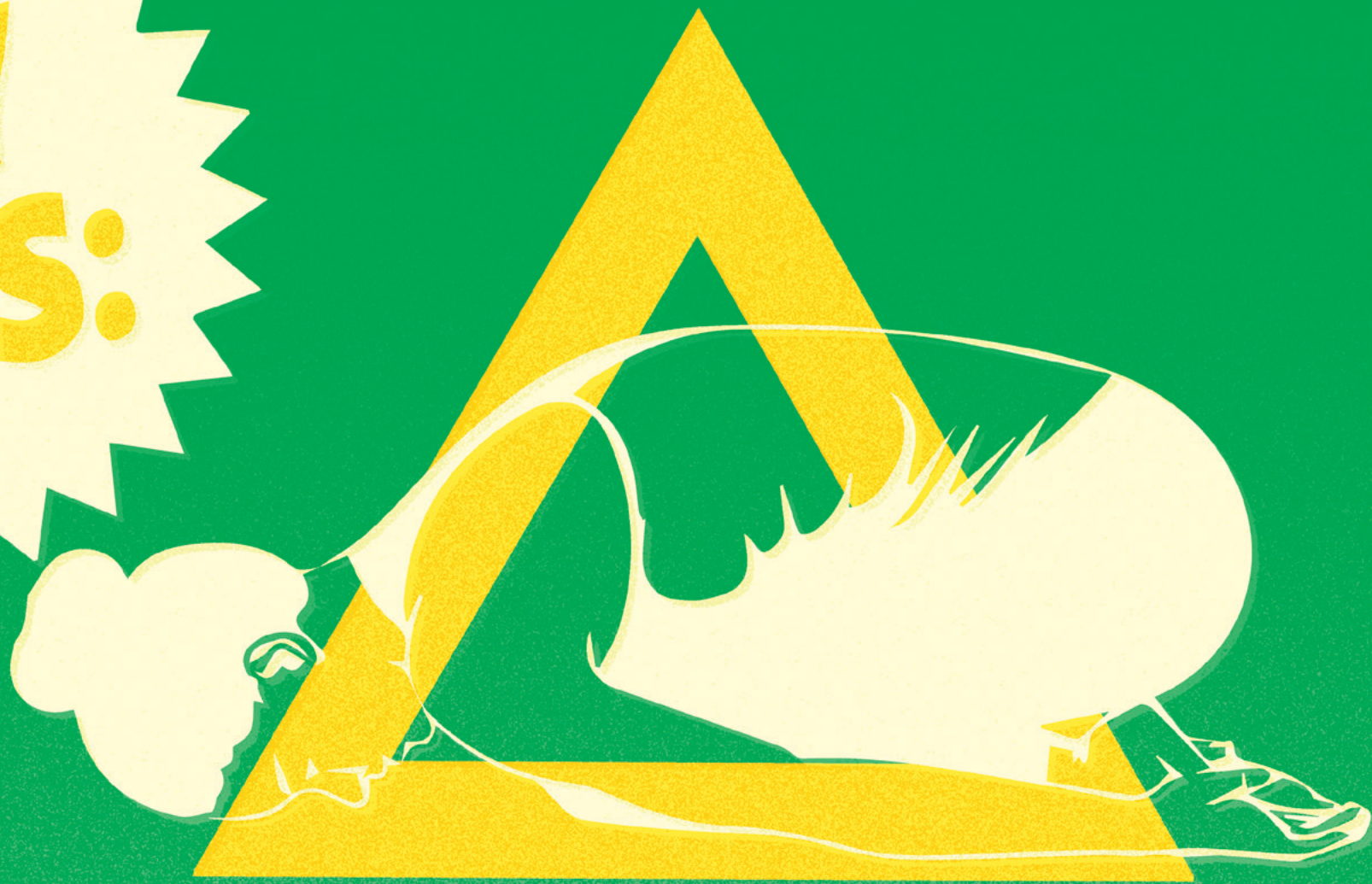
EXTENSION TASK TWO: It can be hard drumming up the energy to step out the front door when the skies are grey and the puddles are up to your knees. Try setting goals on your daily exercise: First one to the postbox, how many hops between your front door and the first lampost? Get motivated: Can you add a different exercise each day? Can you get your heart rate up and feel that buzz?



MINDFUL MOMENTS FOR HOMESCHOOL HEROES

It's fair to say that relaxation doesn't come that naturally to most kids. Their energy can sometimes seem to be only ON or OFF. If you're a fulltime learning machine it's pretty useful to be able to go and go until you fall asleep.

TRY THIS:



It's helpful to develop some awareness of how you're feeling, so you can adapt to whatever task is in front of you: if it's time to listen, for example, you need a steadier energy than when it's time to run around. After your silly walks spend some time curled up in child's pose and count ten breaths in and ten breaths out.

LUCKY LINKS

