

# STEAM ON!

## MOVE LIKE A MACHINE

### WARM UP

Before we start, we need to warm up our human bodies!

- Stretch out, taking up as much room as you can! Then...
- Get small, bring your limbs in as small as you can. Repeat this 5 times.
- Shake out - Shake each hand and foot in turn for a count of 8, then again for 4, 2 and 1. Do it again to get properly loose.

### FIND SOME MACHINES TO COPY

- There are all sorts of machines. How many different machines can you find around the house?
- Pick one of the machines you have found

### BECOME THE MACHINE

- Close your eyes. Breath deep - in and out for a count of 2, then 3, then 4 while exploring your chosen machine in your minds eye.
- Feel electricity rising from your toes, aaaallll the way up through your body to the top of your head.
- Once you're full of energy, open your eyes - You're a machine! How do you move?
- One of the main reasons that machines exist is that they are so efficient. Find 1 simple movement and practice it.
- Now add a second - think about what your machine is made of - rubber? Metal? How does this change your movements?
- Now a third - find the best and most efficient way to run the 3 together.
- How fast can you do your sequence? Keep going!
- Now move as if your machine is very old - it needs some parts repaired.
- Wind down further... until finally the machine grinds to a halt.

Machines work hard in all different ways - How do other machines move differently?