



# Seated Ball Game

with Peter Davison



## The Big Idea

Inspired by the arts of **juggling and dance**, this is a movement piece set to music that anyone can learn to do at home in a small space with minimal props. This piece develops **movement and coordination** and is adaptable to a wide range of student abilities and needs.



## You'll Need

- One sturdy, armless chair
- Small ball such as tennis ball, beanbag, or pair of socks rolled up
- Step-By-Step video tutorial:  
[www.think360arts.org](http://www.think360arts.org)



## The Plan

**Step 1** - Gather your materials and wear loose, comfortable clothing.

**Step 2** - Watch the first video in the lesson to learn and practice the first two sections of the dance. Use Peter's image on the video as a mirror image to you.

**Step 3** - Watch the second video to learn and practice the third section, and then put all three sections together with music.

**Step 4** - Feel free to spread the learning out over multiple days, and don't hesitate to pause or rewind the video whenever you'd like to spend more time on a particular move!

## Teaching Artist Tip

- After learning each move, view the video peripherally as you practice since your eyes should focus primarily on your ball
- Try to memorize the sequence of moves rather than always being cued by the video.
- Be creative! Think of the choreography as a base to which you can add more movement of your own, or you can reduce the movement to suit your needs.

## Going Further

- Learn more about Peter Davison at <https://poetofmotion.com>
- Try adding emotional qualities to your dance. Sometimes this helps to create a better storyline.

