

**Student Worksheet (Instruction Sheet)**

Instructions	Notes
<p><b>Instruction One</b></p> <p>Carry out the first three movements from your solo and maximise them to your extremities.</p> <p>Think about:</p> <ul style="list-style-type: none"><li>• levels</li><li>• energy levels</li><li>• ensuring your whole body is engaged</li></ul>	
<p><b>Instruction Two</b></p> <p>Adapt movements 4 and 5 so they travel in space.</p> <p>Think about:</p> <ul style="list-style-type: none"><li>• taking steps</li><li>• leading by different body parts in order to move</li></ul>	
<p><b>Instruction Three</b></p> <p>Transfer movement 6 onto the floor.</p> <p>Think about:</p> <ul style="list-style-type: none"><li>• how you will transition from standing to the floor</li><li>• how you can recreate the same position standing but on the floor</li><li>• do you need to transfer the movement onto a different body part?</li></ul>	
<p><b>Instruction Four</b></p> <p>Movement 7 and 8 remain the same.</p>	