



STOMP is a dance company who perform dances and create their own music and rhythms using different objects.

They use brooms, tin dustbin lids, pots and pans

WATCH. Introduction: <https://www.bbc.co.uk/programmes/p011myhh>

Other students ideas and experiences:

<https://www.youtube.com/watch?v=xxlz19puFBc>

<https://www.youtube.com/watch?v=yNOtUgHxnY>

TASK: You are going to have a go at creating your own rhythm and include some extra moves if you want to.

Now watch the clip and how they make a rhythm with the basketballs!

HOW to STOMP:

Hands and feet - <https://www.youtube.com/watch?v=CX6tKPte33A>

With bags - <https://www.youtube.com/watch?v=3ILouRsc9IE>

With mints box! <https://www.youtube.com/watch?v=H4OjBKv5wkE>

Kitchen Beats examples: <https://www.youtube.com/watch?v=fkCHMapx6B0>

HOW TO STOMP BASKETBALL:

A brief guide to play with the rhythm.

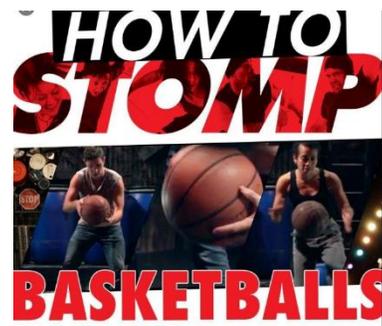
<https://www.youtube.com/watch?v=ww4NeQm35SA>

Now watch the clip to get more ideas to make a rhythm with your basketball / football.

<https://www.youtube.com/watch?v=zYXUm8GgPjE>

Stomp make music with famous Basketball team Harlem Globe trotters:

<https://www.youtube.com/watch?v=-YhQsw03yk>



Possible tasks you could do:

- a) Copy their rhythm with a ball (doesn't have to be a basketball) but will be useful on concrete outside, or a hard surface that people at home are happy for you to use.
- b) Create your own count rhythm and repeat it. 8 counts and repeat it, 16 count routine and repeat it... it is up to you!
- c) Change the level you are working at (standing, middle level, low down on your knees, or sitting down maybe.)
- d) Change direction - move in a circle, straight lines, diagonal, hop, jump, turn, etc...
- e) IF you are working with other people, could you cross over, meet together in the middle, circle around each other?
- f) Use different body parts to make a rhythm (clap, stamp foot, forearm, thighs, click fingers, etc...



(Each bounce, tap on the ball, noise can be a beat/ count - it is all up to you.)



Can you record your rhythm or dance to share with other people, or take pictures to show us what you used to make a rhythm?

Good luck and enjoy!

If you want to watch more there is a 45 minute performance of all the different ways the STOMP company perform. I'm sure you will agree, it is very fast and they are very talented!

<https://www.youtube.com/watch?v=fN5T8y8bCJ4>

You can also get to it by typing in *Stomp Out Loud into You Tube.*