



Contact extra.realistic.productions@gmail.com for booking

LESSON PLAN

Teacher: Cameron

Class: Improving your reaction response

Aims: increase participants situational awareness and introduce exercises to sharpen motor reactions.

Level: All Levels

Time: 180 Minutes

Warm-up: 10 minutes

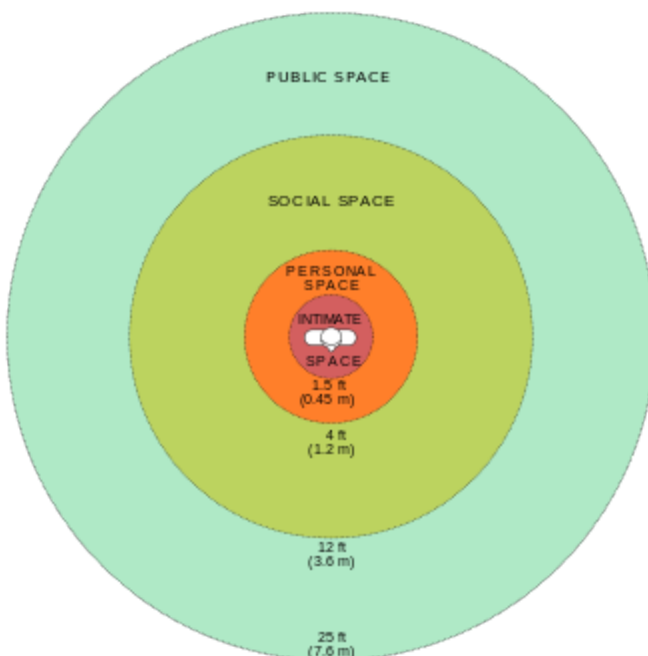
Wrist and shoulder warm up

Leg warm up

The speed game 1-10 with ball

Lead in to topic (20 minutes)

Introduction to proximetrics. Pre teach „Rules“. Explain public, social, personal and intimate space. Some of us have bigger and smaller personal spaces. This becomes very clear with different nationalities. Personal space is also reaction space. When someone invades your personal space, it feels uncomfortable because it is the area in which we can strike/catch/touch. Certain professions have to work within these spaces, Doctors, Athletes, Jugglers, Dancers.



Exercise one: 20 Minutes

Explore personal space as a group.

Define a floor space.

Have group walk around without touching, hands spread wide.

Put hands loosely by side and get participants to maintain personal space.

Introduce one ball which is to be thrown above head height and caught by a different person. Do not look for the ball. Continue filling the space. Use your other senses to know where the ball is. If the ball drops everyone stops moving until the ball is picked up again.

Do not hold onto the ball for more than 10 / 5 / 2 / 1 seconds.

Introduce second ball.

Decrease floor space.

Stop throwing.

Decrease floor space

Introduce intimate space.

Move around without touching each other using speed scale.

Stop movement and get group to pass ball without throwing.

Get group to move again and stop them in a new position.

Get group to pass with throwing.

Sharpening motor reactions (20 minutes)

Has anyone ever been making dinner and they are chopping carrots and one piece of carrot goes flying off the countertop and your hand, without even thinking about it, snaps out and catches it?

Three things have happened in less than 1 second.

Reaction time

You notice the carrot has escaped.

Response time

Your brain subconsciously chooses the appropriate response to the situation. Catch escaping carrot. Notice that your brain does not choose the actions “run away”, or “scream”.

Movement speed

Your brain fires its neurons. Your muscles contract and your arm darts forth and the carrot gets caught.

Ways in which we can increase our overall reflexes are:

Getting lots of sleep

Physical exercise

Catching and throwing,

Playing video Games

Juggling

Exercise two: - 15 minutes

By yourself throw and catch one ball, back and forth, fast between your two hands.

Change the angle and direction.

Throw the ball out to the sides, try and imagine where it will land. Follow it with your hand.

Bring ball in close again.

Try and throw and catch with eyes closed. Start small.

Exercise three: - 30 minutes

Split into groups of two.

Stand in front of each other.

One person kneels down and holds their palms open with spread fingers.
Second person hold the ball above the kneeling person's hand and drops it directly into the palm.
The person kneeling must catch it. With their eyes closed they must throw it back up, straight, the standing person must catch it. Increase to two balls.
Have standing partner close eyes and kneeling partner open them.
Swop roles.

Exercise four: -15 minutes

In pairs stand across from your partner, throw the ball firmly at the other person.
Try all sorts of throws, but make sure they are accurate and hit „Personal space“ of partner.
Throw the ball softly and close one eye. Develop peripheral vision. Switch eyes.

Exercise five - 25 minutes

Throw and catch one ball and try and look through at someone else.
For one or two throws, look away from ball.
Slowly move your head around testing the limits of your periphery vision.
Start walking around slowly.
Avoid colliding with other people.
Try and look other people in the eye and maintain eye contact.
If you can, do the above exercise while juggling 3 balls.

Exercise 6 -25 minutes

Have 5 balls between two. One person throws a ball, the other person catches it and juggles.
Then the first person goes over to them. Move about the space.
If 5 is too much, start with 3 and increase number to 4 by end of exercise.

Extra Activity

Test the limits of someone's space. In pairs of two, take one ball. One person is the Shooter, the other is the Bodyguard.
The shooter and bodyguard stand next to each other. The Shooter take one big step away from the body guard, and throws the ball. The bodyguard must catch the ball. If the pair succeeds, they move another step apart. Working together, see how far the two of you can separate before the ball drops.

The above is an excerpt from a lesson plan developed for the Cork Circus Factory and DCP.

Our Workshops can be catered to communicate your organization's values.

Send us a mail to see how we can make your team or off site event memorable and engaging.



Contact extra.realistic.productions@gmail.com for booking