

# Time to Move

Autumn 2014

## Unit 1: A traditional harvest

### Reaping

*By Sue Burton*

#### SECTION 1: MUSIC

DIANE

Hello everybody! Diane here! Today you've come back to help the farmer gather in the harvest again. Last time you rolled the barrels and picked the apples, so now it's time to begin to cut the corn and make a reaping dance.

You'll be working as a team in a field of tall, golden corn but first you need to practise the action for cutting the corn on your own.

Cutting the corn is called **reaping** and the farm workers who do the reaping use a **sickle** or **reaping hook**, which has a hook shaped blade for cutting and a wooden handle to hold it with.

So first, find a space of your own to stand in.

Now hold your right hand clasped in front of you - as if you're holding the handle of the sickle with the hook pointing upwards. Your teacher will show you which hand now if you're unsure.

In a minute you're going to practise reaping: first holding the sickle up high, then moving it out to the side, then bending your knees and swinging it down low to cut the stem of the corn.

So let's do that now. Ready?

Lift the sickle up high in front of you...now take your arm out to the side...then bend your knees...and swing it down quickly to cut the corn.



Again!

Lift the handle up high...take your arm out to the side...bend your knees...and swing it down quickly to cut the corn.

Good! Let's practise twice more...

Lift it up, out to the side, bend down low and cut!

Lift it up, out to the side, bend down low and cut!

Well done and relax!

When the farm workers used to cut or reap the corn with a sickle they cut it on the outside edges first then worked their way round again and again getting closer and closer to the middle till all the corn was cut.

This time when the music begins you're going to lift your sickle, bend and cut the corn, then take a step to the side with your left foot and close your feet together. Keep cutting and stepping to the left, so that you're travelling sideways along the edge of the field.

Get ready...and don't forget – keep stepping sideways to the left!

## **SECTION 2: MUSIC**

Lift the handle up high, to the side...and cut...

Step to the left and close your feet together.

Again!

Lift the handle up high, to the side and cut...

Step to the left and close your feet together.

And twice more...

Lift the sickle up high, to the side and cut...

Step to the left and close your feet together.

Lift the sickle up high, to the side and cut...

Step to the left and close your feet together.

And rest! Fantastic!

Now you're going to turn round to face the back of the room and keep stepping to the left four more times. Because you've turned round you'll be going back the way you just came!

So turn round to the back and get ready...

### **MUSIC**

Lift the sickle up high, to the side and cut...  
Step to the left and close your feet together...  
And again!  
Lift the sickle up high, to the side and cut...  
Step to the left and close your feet together...  
Twice more ...  
Lift it up high, to the side and cut...  
Step to the left and close your feet...  
Lift it up high, to the side and cut...  
Step to the left and close your feet together... and turn to the front again

And rest! Well done!

### **SECTION 3**

Next, you're going to get into a team to cut the corn together. So pause the programme while you find your partner from last time, then organize yourselves into teams of three or four pairs.

(PAUSE)

First, each team, find a space of your own.

Now, all hold hands in a circle making sure that your partners are standing next to you.

And let go hands.

In a moment, each team of reapers is going to travel round in their circle, cutting the corn. Then pick up the bundles of corn and walk into the middle of the circle to pile them on top of each other so they can dry out in the sun.

So let's practise picking up our bundles of corn and piling it up in the middle. Ready?

Everyone bend down and pick up your bundle of corn in two hands.

Lift it up above your head and all walk closer together into the middle of the circle.

And stop.

Still with your bundle above your head, spin around on the spot.

And stop and put your bundle on the ground in the middle of the circle.

Everyone hold hands together and walk quickly back until all your arms are stretched out again.

And stop! And let go hands!

#### **SECTION 4**

Now you're going to dance your reaping dances in your team circles. First cut the corn and step to the side around the edge of the circle four times.

Then pick up your bundles, spin round and pile up the bundles in the middle.

Then repeat it all again! So let's get ready! Hold your sickle high in front of you.

When the music starts, get ready to cut the corn and step to the left in your circle.

#### **MUSIC**

Lift the sickle up high, to the side, and cut..  
Step to the left and close your feet.  
Lift the sickle up high, to the side and cut..  
Step to the left and close your feet.  
And twice more..  
Lift it up high, to the side, and cut..  
Step to the left and close your feet.  
Lift it up high, to the side, and cut..  
Step to the left and close your feet.

Pick up your bundle, lift it above your head, walk into the middle...and stop.  
Spin around...and stop and put your bundle on the ground.  
Hold hands in the circle, walk quickly back and let go hands, ready to start again!

Lift the sickle up high, to the side, and cut..  
Step to the left and close your feet.  
Lift it up high, to the side and cut..  
Step to the left and close your feet.  
And twice more..  
And stop!

Pick up your bundle, lift it above your head, walk into the middle...  
And stop!  
Spin around...and stop and put your bundle on the ground.  
Hold hands in the circle, walk quickly back and let go hands again...

And stop! And have a rest while I tell you what you're going to do next.

## **SECTION 5**

Now you're going to make a team dance from the rolling barrels and apple picking dances you practised last time and adding the reaping dances you have just made today. Afterwards, still in your same groups, you can choose some of the rolling barrels, apple picking and reaping moves and also add some of your own moves, to make your team's own special harvest celebration dance. Then show it to the rest of the class.

So stay in your teams and number each member of the pairs 'one' and 'two' again, alternately around the circle. Pause the programme while you do this.

(PAUSE)

So let's get ready to roll the barrels again! Stand beside your partner, all facing round the same way in the circle...and remember to follow the pair in front of you! Off we go!

### **MUSIC**

Jump and bend your knees, roll your arms slowly...and stop and straighten your knees.

Jump and bend your knees, roll your arms a bit faster...and stop and straighten your knees.

Jump, bend your knees, roll your arms faster and walk quickly around the circle...and stop and turn round to face the other way.

Jump and bend your knees, roll your arms slowly...and stop and straighten your knees.

Jump and bend your knees, roll your arms a bit faster...and stop and straighten your knees.

Jump, bend your knees, roll your arms faster and walk quickly around the circle...and stop and turn round to face the other way...and stop.

Turn round to face your partner...and get ready to pick apples...

Ones get ready to jump up and pick them first, while twos wait.

### **MUSIC**

Jump up, pick an apple, give it a twist and bring it down.

Jump up, pick an apple, give it a twist and bring it down.

Jump up, pick an apple, give it a twist and bring it down.

Jump up, pick an apple, bring it down and rest...

Twos get ready to jump up!

Jump up, pick an apple, give it a twist and bring it down.

Jump up, pick an apple, give it a twist and bring it down.

Jump up, pick an apple, give it a twist and bring it down.

Jump up, pick an apple, bring it down...and stop.

Ones and twos all carefully spin with your partner...and stop.

Spin round the other way...and stop.

Repeat the whole thing again!  
Ones get ready...

Jump up, pick an apple, give it a twist and bring it down.  
And three more times.

And stop!  
Twos get ready...

Jump up, pick an apple, give it a twist and bring it down. And three more times.

And stop!

Ones and twos all carefully spin with your partner.  
And stop!

Spin round the other way!  
And stop!

Now all move into a circle stand next to your partner.

And get ready to cut the corn. Off we go!

### **MUSIC**

Lift the sickle up high, to the side, and cut...  
Step to the left and close your feet.  
Lift the sickle up high, to the side and cut...  
Step to the left and close your feet.  
And twice more!

And stop!

Pick up your bundle, lift it above your head, walk into the middle...and stop.  
Spin around...and stop and put your bundle on the ground.  
Hold hands in the circle, walk quickly back...let go hands, ready to start again...

Lift it up high, to the side, and cut...  
Step to the left and close your feet.  
Lift it up high, to the side and cut...  
Step to the left and close your feet.  
Twice more!

And stop!

Pick up your bundle, lift it above your head, walk into the middle...and stop.  
Spin around...and stop and put your bundle on the ground.  
Take hands in the circle, walk quickly back and let go hands again...

And have a big rest! Well done!

When you have time, you can replay the music and in your same groups choose some of the rolling barrels, apple picking and reaping moves you have just done, then work on some of your own moves, and add them together to make your own special harvest celebration dances and show them to the rest of the class.

Enjoy making your dances together! Goodbye for now!