

GALWAD

A FUTURE MOVEMENT

USING CREATIVE MOVEMENTS AND
DANCE TO HELP SHAPE THE
FUTURE WE WOULD LIKE TO LIVE IN



Eco-Schools



Eco-Sgolion



cadwch keep
gymru'n wales
daclus tidy

Young cast members in the GALWAD drama. Photo: Kirsten McTernan

Background information

Poetry, dance and movement, music and other arts can be really powerful ways to visualise the future we want to see. They can be used to unite, to promote change, and to inspire. There are many examples from the past, including the Civil Rights movement in America. Numerous songs became part of that movement, such as 'This Little Light of Mine', and 'We Shall Overcome', acting as a source of inspiration, empowerment and unity for those involved. They came to represent the movement and embodied the future people wanted to see.

Similarly poems, and even just words, can be a powerful visualisation of a movement. For some people in Wales, the phrase 'Cofiwch Dryweryn' (Remember Tryweryn) is incredibly powerful and thought provoking. Despite being only two words, it has a resonating cultural impact, that still provokes discussion today.



This activity, however, will focus on movement and dancing. Dancing has always played its part in symbolising change. For example in apartheid-era South Africa, dance protests were an important part of the fight against racial oppression – the toyi-toyi was a collective dance originated by Zimbabwean freedom fighters, and powerfully adopted as an anti-apartheid demonstration in South Africa. Watch this [example of children doing a traditional dance from South Africa \(youtube.com\)](https://www.youtube.com/watch?v=...).



Tai chi is a martial art based on techniques which are hundreds of years old



In Wales the traditional Dawnsio Gwerin (Folk Dance) is still performed and celebrated at Eisteddfodau



Samoa, Tonga, Fiji, and other pacific nations have their own version of the Haka

In New Zealand, the Haka, a traditional Māori war dance, is now seen as an emblem of team unity, bringing New Zealanders together, irrespective of their background, and symbolising a future the country wants to see.

China has an ancient tradition of martial arts, where the movements in some disciplines required blur the line with dance. Although they are very structured, they are wrapped up in creating an identity, and a sense of purpose with huge health and wellbeing benefits. They have been practised for centuries and will continue to be long into the future.

Dancing, and movements in general, are a great way to make a visual statement, and can be used to create something powerful - even something that helps shape the future.

Activity

Below are two activities based on dances/movements which allow pupils to use their creativity. Can they come up with movements that will inspire people in the future? Can they visualise the future they want, and the qualities they believe in and interpret them through movements? Both activities work best in groups with pupils sharing ideas and then performing collectively.

A Future Haka

Show the clip of the New Zealand Women's rugby team, the Black Ferns, [performing the Haka \(youtube.com\)](#). This is a dance that helps unite the team and country. Despite coming from Māori tradition, it is very much representative of how New Zealand would like to be in the future – united, inclusive, and proud. Below is a translation of this version of the Haka:

*Let it be known
Who are these women
It's the Black Ferns rumble
Life force from above
Life force from below (earth)
The gathering clouds
The mountains that pierce the sky
Let us proceed
To the seas
From the corners of the island
To the neighbouring islands
And around the world*

*You stand tall and proud.
Women of strength.
Who will bear the future.
The Black Ferns of New Zealand.
Rise and press on.
When the challenge arrives.
We will gather and unite together.
Strength together. It will be done.*

Ask the pupils to split into groups and share some ideas as to what qualities they would like to celebrate and promote – in particular values they think will be important in helping shape the future. Their challenge is to create their own Haka or dance with movements representing these values – can they come up with something that will inspire people in the future?

Green Tai Chi

Tai Chi is a traditional Chinese martial art, practised for health and wellbeing benefits. It is comprised of a series of graceful movements, and can be practised by all. In this activity we will make our own ‘Green’ Tai Chi, using our own movements based on pupil’s ideas as to how to make the future of our planet more environmentally friendly.

Ask pupils how can Earth be greener in the future? How can we ensure we have the planet we want in 2052? More trees? Less waste? More active travel? Working in small groups challenge pupils to come up with eight ways we could help the planet and create a future they want and then create a tai chi movement to go with each idea. Below are some suggestions to help get you started:



Plant more trees



Produce less waste



Celebrate local produce

Once each group has come up with their movements, they can demonstrate their Green Tai Chi to the other groups.

Alternatives: Try doing the activity as kung fu or introduce more rapid movements. Or instead of the above dances/movements, encourage the pupils to use a different art form to represent the future they want – poetry, story writing, drawing and natural art all work well

Reflection

With both activities take time to reflect on each group's movements. Do they think people around the world would want to do them? Do they have an important message to share?

Will the people of, say 2052, recognise the actions and the ideas they contain? It is fantastic to reflect on the importance of dance and movement and art in general in past social movements – will we see something similar occurring with the movement to tackle the climate and biodiversity crises?

Curriculum links

Purposes

- Ethical, Informed Citizens
- Enterprising, creative contributors

AOLEs and What Matters statements

Humanities

- Enquiry, exploration and investigation inspire curiosity about the world, its past, present and future.
- Informed, self-aware citizens engage with the challenges and opportunities that face humanity, and are able to take considered and ethical action.

Expressive Arts

- Exploring the expressive arts is essential to developing artistic skills and knowledge and it enables learners to become curious and creative individuals.

Global Goals



[Goal 3: Good Health and Well-being](#)

[Goal 10 Reduced Inequalities](#)

[Goal 13: Climate Action](#)

GALWAD



CREATIVITY IN THE UK



Cymru Greadigol
Creative Wales

GALWAD is part of UNBOXED: Creativity in the UK, co-commissioned with Creative Wales with funding from Welsh Government and UK Government

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