Body expression and Orienteering

Physical Education includes the body expression as a main content, essential to the education of human movement. So we want every student work with their body movement as a main instrument. The choreography, except for the activities of improvisation is an integral part of the body language, and when this expression activity is minimally organized and planned the choreography is a key element that must be mastered.

We must therefore consider dance a source of expression and creativity for people and that is why we place it in the following classification of traditional arts that you might know from other subjects.

<table>
<thead>
<tr>
<th>Static or Space Arts</th>
<th>Arts dinàmiques o del temps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Painting</strong></td>
<td>Art of form and color</td>
</tr>
<tr>
<td><strong>Sculpture</strong></td>
<td>Art of the volume</td>
</tr>
<tr>
<td><strong>Architecture</strong></td>
<td>Art Space</td>
</tr>
<tr>
<td><strong>Photography</strong></td>
<td>Art of light</td>
</tr>
</tbody>
</table>

The pieces we produce occupy a certain space. You can see them all the time and do not vary.

Exist only when they are performed.
Vary each time.

1.- CHOREOGRAPHY

According to the dictionary To Choreograph is "the art of composing dances in general, the art of dance." That means the construction, building, writing of dance. The choreographer is the person who writes the dance, that is, writes the elements that give form to what the dancers execute.

Therefore, we can say that the term "choreography" comes from the world of dance and is used within the world of physical activity in sports such as gymnastics, artistic gymnastics, figure skating, etc. in which the expression is an important factor. I also used to support other types of music such as aerobics, hall dance, popular dances....

The choreography must have a beginning and an end, but in general there is no rules. The choice of items is free. Creativity stimulated imagination, good taste, sense of music, etc. factors involved in the choreography has to leave space for the expression of the performers.
2.-THE ELEMENTS OF THE CHOREOGRAPHIC COMPOSITION

2.1.- The body

The body is what makes the movement so the first thing is to anticipate what will be choreographed should the be body movement.

To perform a choreography, dancers must be aware of their own bodies, feeling and breathing control, the close relationship between movement and gravity, balance and imbalance, the exact position of the body segments and contraction and relaxation muscle work.

![Image](https://example.com/image)

This body awareness will provide a body domain that allow us to perform effectively, the skills required in the choreography.

To make the composition of a choreography must consider the different possibilities dancers have, for example:
- **Displacement**: steps, running, galloping, skipped steps, etc.
- **Jumps**: Jump grouped in stride, galloping, in turn, from the standing, etc.
- **Turning**: in all three axes: longitudinal, transverse and sagittal, with a foot or two, with associated movements, etc.
- **Throws**: and receptions if there are materials or accessories.
- **The balances**: with different number of support points with associated movements, etc.

2.2.- The space

Space is the medium that allows us to project and from which we produce the gesture. This is where communication takes place and where we are with other people.

**Partial or closer** - L'espai is what surrounds our body. It allows us to become aware of our body size, posture and movement.

**Total or common** is the space between the person and others, between the person and the objects that surround it.

To use the space, we consider:

- **Trajectories**: straight, curved, parallel, and the relationship and partnership between them.
- **The directions**: according to the drawings and levels can be front, back, right and left, and all combinations thereof, or may be no up or down, as would the jumps.
- **Dimensions**: if the movement is wide, narrow, small or large...
- **Relationships**: if the choreography involved more than one person, we think relationship as close, far, etc. and formations that build.

Both, the possibilities that give us the spaces around us, and the combinations of basic skills, must be taken into account to build choreographed movements.

### 2.3. The music

Music is a very important resource and very common in the work of body language and provides support for its development.

Its base is the sound vibrations and its elements are:
- **rhythm**
- **melody**
- **harmony**

The main aim or purpose is the expression of feelings. Sound, rhythm, time measurement and dynamics are linked in a melody.

**- Rhythm**

One of the major phenomena of life. Everything in nature follows a rhythm: the movement of the stars, tides, animal life, the heartbeat... the human heart. Rhythm has its highest expression in music and dance as one of its elements.

The rhythm is therefore one way of organizing musical time and durations of sound and silence. The rate is in order, more or less symmetrical characteristic which presents the different durations of the notes. Rhythm is order and progression of sounds in time. In the language of music is represented by the figures. Length of the figures is the pace and order of these notes sound different extensions as drawing rhythmic musical or rhythmic scheme.

The beat is the heartbeat of every regular and continuous music. Is a unit of measurement. The meter is the division of a piece of music in equal measure. The meter is basically divided into two (binary stress), three (ternary stress) or four parts (quaternary).

**- The Melody**

Is the sequence of sounds of different heights forming sentences to express musical ideas of the composer. It is what allows us to identify a piece or a song when we hear it.

**- Harmony**

Is accompanied by the melody. They sound base on which rests the melody.
3. - How to create a choreography

You should start making up simple choreographies with little movements, few participants and short duration using pieces of music we like with very accented beat.

3.1. - Choice of Music

You can use all kinds of music, from folk dances to the latest music. Music can be used as a support or we usually use it to follow the rhythm, or both at the same choreography. To start simple choreographies we have to select music; better if it has, marked rhythm with binary accent, as this will make it easier to compose and execute the evolution of the elements.

It is also important to look at the shape of the piece. Form is the structure that gives the author the time to create it. There are many types: binary (AB, AABB), ternary (ABA; AABABA), reexpositiva (AABA) and rondo (ABACADA). Obviously if there is a part of the melody that repeats can also be used to repeat the movements you have chosen.

3.2. - Movements Selection

The first thing to do, even before selecting the music, is to determine the main movements that will be included in the choreography. Afterwards we should create the links between the main movements.

If the choreography consists of acrobatic movements, there will be many parts of the choreography when, individually or in groups, will perform acrobatics. To move from one formation to another we must create other movements to link them. We should also take into account the pace of the music to make them fit.

3.3. - Graphical representation

Having determined the movements we draw them on paper. Once drawn, the choreography must be tested. Bits tested without music first, to memorize the movements and formations and verify movements and links that we thought you may realize. Then, with music we try it all, to see what is the effect of the whole.
4.- WHAT IS ORIENTEERING?

It is a map reading sport. It is a sport practiced in nature in which competitors have to seek a number of marked points on a map (called controls) in the shortest possible time, with the sole aid of a compass.

The controls are physically banners or "targets", and together find each checkpoint with an electronic device that mark a checkpoint card.

No need any special fitness to practice orienteering. Can do from the youngest to the elderly, age is not a problem for this sport. Races are organized in categories and you will find circuits with just over 2km with very easy controls up to lot longers ones for the more experienced. So Everyone can practice it as best suits your level. There are those who take it as a promenade trough the mountain or a walk with families who practice together.

Now that the "adventure sports" are so trendy you should know that this one is the one that will show you the best way to read maps of any kind.

4.1. Items of a race

the map
The map is given by the organizer of the event at the time of exit. Red circles marked where the controls are and the starting point is distinguished as an equilateral triangle.

the compass
The compass is a magnet held from its center of gravity. This magnet will be oriented according to the Earth's magnetic field and will point magnetic north (this is different from geographic north). Participants must bring their own compass. Better if it has flat and transparent base.

the control
Clothing pennant is a triangular prism shaped 30cm sides, each side is divided diagonally with white and orange. We can found them hanging from a control post or hung from a tree branch.

the clamp or electronic card
Next to each control to find a clip that allows small perforations in the control card or an electronic device where to pass the card. This way you can know if we have passed all checkpoints.

Description of controls
There are a number of symbols that can define where the control is placed. In races for beginners describing symbols in text is also available for affordable understand.

4.2. - Orienteering Disciplines
The most classical orienteering races are walking/running, usually on the mountains, but can also be made in urban parks. Normally take place during the day, but can be done during the night.
We also find orienteering Skiing (cross-country skiing), mountain biking. And although rarely practiced, there are back horse riding and even disabled competitions.

4.3. - The environment
It is a sport that is practiced in nature, which implies great respect and we have to be very careful. It will be on protected areas. You also must take special care to leave everything clean.
Leave everything as we found it, behind closed doors, do not break wire, respect the crops...

4.4. - The map orientation

The map orientation continues to be a topographic map, but with the difference that it has many more details. So the maps we use when we go to the mountains usually are scales of 1:50,000 and 1:25,000.
The scale of a orienteering map can be 1:15,000 or 1:10,000, which allows to represent the smallest details. And equidistance between the contour lines is 5m.
One of the most obvious differences with topographic maps are the colors that represent areas: forest area which is white, thick, impenetrable vegetation of an area is dark green and yellow areas without trees.
Nor are indicating heights, only will find the contours to indicate if you climb or descend.

The map colors
The maps have six colors: white, green, yellow, brown, blue and black. Each color represents landforms. Certain colors have different intensity and thereby indicate their penetrability in the field, the most significant are the Yellow and Green.

White: Forest generally good penetrability.
Green: forest and thick vegetation, if the color is darker means it is harder to go through.
Yellow: Land shortage, good visibility. It can be a wasteland, a clearing, a meadow.
- Lattice thick yellow on white: meadow with scattered trees, good penetrability
- Lattice fine yellow on white: open forest with scattered trees, good penetrability.
- Thick diagonal lines on white: falling logs and branches zone.
- Yellow with black spots disordered dots: open sand and penetrability limited.
- Yellow with green plot points: Field with fruit trees.
Brown: orographic formations, as represented by height contours.
Blue: Elements of general water: Lakes, rivers, streams, and wetlands.
Black: roads, trails, houses and other structures made by man. Also cut stones.

4.5. - Contours:
It is a representation of the terrain should allow us to determine the height of any point. To represent the land you should joint all points that have the same height. So
will result what is called contour lines. When the curves are close together means that the terrain is very steep."

4-6. - Target map
Orient a map means to match their directions in the field.
We use the compass to orient the map. If is not marked otherwise the top of the plane matches the north. If we don't have a compass it is important to have good reference points that allow us to orient the map.

4.7.- Control description sheet.
Accompanying the map will be a sheet with the exact description of where the target is located, giving details of what and how you will find the control banner. It is called description sheet of controls. To reflect the exact location of the target, we have the location symbols used in the description of the control card.
The full description of controls contains a header with the following information:
a) First row: runner category involved.
b) Second row: number of circuit length of the route and altitude.
There then followed a series of distributed information in rows and columns. Each row corresponds to the description of a target and each column different details that will find the target (Fig. 4):
Column A: The number of landmark or banner (in this case, the fifth control).
Column B: The code of the next milestone (55....).
Column C: Which of several similar elements (the further east).
Column D: The element where the target is (depression).
Column E: The appearance of the item (deep).
Column F: Dimensions of the element.
Column G: Location of the target with respect to the item.
Column H: Another information.
Sample description of a control. See Fig. Three.
The last row indicates the distance between the last milestone and the arrival (120mts). Also, if there is a dashed line indicates that this route is marked.

4.8.- The competition regulation.
Here is an extract of the competition, which is available to complete the website of the Federation (www.fcoc.info):
1. The fundamental reading map sport principle is honesty.
2. Competition is done in silence. Competitor can not interchange any information during the race.
3. You are unable to perform part or all of the tour in collaboration with one or more counselors.
4. Unable to take another counselor with a higher technical level, following him throughout the race.
5. Competitor must respect others as well as someone else's property, crops, reforestation areas and all the competition.
6. All participants must also respect the rights of competitors from other categories.
7. Counselors category of starters (NI) will miss the guidance of the other categories.
8. Trial judges have the right to verify the control card at all times.
9. Should cover the route in the order of official controls.
10. If a competitor loses control card, tear or manipulated or not visit the established order, shall be disqualified.
11. The counselor not finish the competition is obliged to notify the Control at arrival.
12. The competition area is prohibited runners out of the race, as well as companions.
13. Competitors are obliged to take care and preserve the environment where the competition takes place.
14. Attendance is mandatory in case of accident of a runner.
15. The competition participant accepts the rules of orienteering and participates exclusively at your own risk.
16. Any violation of this code of ethics of sport