**Poi Performance Art**

**About the Art**

Poi originated with the Maori culture in New Zealand. The word poi can refer to the objects you spin, the choreography, and the music accompaniment. It involves swinging weights in a variety of patterns. There are two forms of Poi—short and long. You will be learning the long form.

While the traditional style is still practiced today by the Maori people, a modern style of Poi has become popular in many countries including the U.S.

**Types of Poi Instruments**

There are many varieties of poi instruments. Some are basic ball forms, some have tails or streamers, there are glowing poi meant to be used in the dark for visual effect, and fire poi.

**In Class**

There are many benefits of teaching Poi in class. Students can gain wrist flexibility, improve motor skills, gain spatial awareness, and it encourages a physically active lifestyle as Poi has gained popularity in social scenes in the U.S. You can also include cross-curricular lessons in Anatomy, Physics, and Geometry.

**Anatomy-**

The following link is a diagram of body planes

http://biology-forums.com/index.php?action=gallery;sa=view;id=8747

**Physics-**

The following link is a prezi created by Frietzen VanderMeulen

http://prezi.com/lssx2jh1pv5c/?utm\_campaign=share&utm\_medium=copy&rc=ex0share

**Geometry-**

The concepts of planes and symmetry are easy to cover with Poi.

Routine—

Music: Move your Body by Beyonce (file on weebly)

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8 counts forward circles close to body

8 counts forward circles with straight arms away from body

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forward circles quick quick slow quick quick slow 1 2 3-4 5 6 7-8

(feet) right left right left right left

forward circles quick quick slow quick quick slow 1 2 3-4 5 6 7-8

(feet) right left right left right left

8 counts forward circles with straight arms while bouncing

(feet) right out 1-2 left in 3-4 left out 5-6 right in 7-8

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forward circles quick quick slow quick quick slow 1 2 3-4 5 6 7-8

(feet) right left right left right left

forward circles quick quick slow quick quick slow 1 2 3-4 5 6 7-8

(feet) right left right left right left

8 counts forward circles with straight arms while bouncing

(feet) right out 1-2 left in 3-4 left out 5-6 right in 7-8

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forward circles arms in 1 arms out 2 in 3 out 4 in 5 out 6 in 7 out 8

forward circles fast in 1 out & in 2 out & in 3&4& in 5 out & in 6 out & in 7&8&

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forward circles 1 2 3 4 double dutch jump 5&6& forward circles 7 8

double dutch jump 1&2& forward circles 3 4

double dutch jump 5&6& forward circles 7 8

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BIG forward arm circle 1 small in front 2 big 3 small 4 big 5 small 6 big 7 small 8

BIG forward arm circle 1 small in front 2 big 3 small 4 big 5 small 6 big 7 small 8

forward circles right left alternating 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8

criss cross or 2 beat right left alternating 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8

(cross cross open open cross cross open open)

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Improv

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Repeat from \* changing feet if you choose--during straight arm circles, add salsa, running man, etc

