Kinesphere/Reach

1. Write down the definition of kinesphere in your own words on the back of your make up sheet.

Definition:

The notion of **kinesphere** was created by Rudolf Laban to define: “the sphere around the body whose periphery can be reached by easily extended limbs without stepping away from that place which is the point of support when standing on one foot”

Reach:

How far can you extend your limbs when reaching in the space.

2. Watch and learn this combination. Show to Mrs. Tuckett when you turn in your make-up slip.

<https://youtu.be/D6jZJR3vTD0>