

School Resource :

Augustas Serapinas: *Physical Culture*

Repeat & Re-activate

Gallery 2 + 3

Augustas' work re-imagines spaces

The gallery has been turned into a space that is part gym and part art school

He reflects on his experience as an art student within a traditional system that emphasised practice and repetition and compares this to the discipline required in a gym



Materials

- White cord
- Drawing tablet
- Colourful Spots
- x4 Red Creative Cards
- x4 Blue Movement Cards



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Activity

Through movement and drawing we will explore the different ways we can use this space and think about the connection between historic traditional art classes and physical exercise



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Instructions

Work in small groups of 4/5

Each group does a 'workout' by following the instructions on the cards

Each person in the group can take on a role and rotate:

-Leader/gym instructor who picks out and reads an activity from either...

Red Creative cards or
Blue Movement cards

- Someone taking part and following the leader
- How will you move your sequence to the beat of the gym soundtrack?

Each group will create their own sequence around the room and repeat it



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Discussion points

What are the similarities with weightlifting/exercise and drawing?

What is it like doing a 'workout' in a public space?

What is it like working in a group and taking it in turns being a leader

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CREATIVE CARD

Draw the outline of a head shape you see using the cord. Try doing it again, and again. How is it different each time?



CREATIVE CARD



Drawing the outline of what you can see in front of you using your finger in the air. Draw it repeatedly getting faster and faster

CREATIVE CARD

Draw the person next to you using the tablet as they slowly move.

How does it look when you do it again?



CREATIVE CARD

Create a whole group diorama imaging you are lifting the equipment in the room

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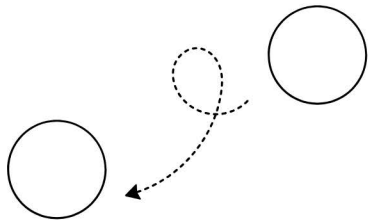
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MOVEMENT CARD

Move from one spot to another, creating a pose on each colour

Can you remember the order and do it again?



MOVEMENT CARD

Draw one of the sculptures using your whole body. Can you move in sync with the rest of the group? Try another 3 times



MOVEMENT CARD



Imagine using the equipment,
how might the different machines move?
Imagine how heavy they might be as you
move

MOVEMENT CARD

Make yourself really big and then really small. How many times can you change between the two shapes in a minute?

