

SKILS

Strenath – Muscular power

Flexibility - Range of movements in the joints

Alignment - placement of body parts in relation to another – usually in a line

Stamina – ability to maintain physical and mental energy over a long period of time

Posture – the way the body is held

Extension – lengthening one or more muscles or limbs

Control – ability to start and stop movement, change direction and hold a shape

Balance – a steady or head position achieved by an even distribution of weight.

HIGH

key Words

Tonality: Happy/Sad

<u>Tempo:</u> Fast/Slow

LOW

MAJOR / MINOR

Dynamics: Loud/Quiet

Pitch: High/Low

Consonance / Dissonance

Loops

Mood / Genre

Audio / Midi Recording

Sonority / Timbre

Chords: Two or more notes played together at the same time. A chord is created by playing note numbers 1, 3, 5.

SAFETY FIRST

Stretching

Landing from a jump: Bend your knees to absorb the impact and prevent injury

Warm up: Pulse raiser, Mobilisation of Joints,

Timing

Musicality J

Spatial Awareness

Safe practice

Facial Expressions

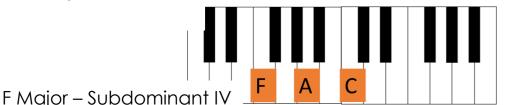
Projection

Weight sharing: Hold wrists rather than hands to create a firm grip. Stand in second to create a secure base.

Chords

G Major - Dominant V

C Major - Tonic I



Swansong

Choreographer:

Christopher Bruce

<u>Theme:</u> Human Rights

Characters: 1 prisoner and

2 Guards

Homecoming

Choreographer: Balletboyz

Theme: WWI

Characters: 2 Soldiers

Professional Works

The Mad Hatter's Tea Party

Choreographer: Kate Prince

Theme: WWI

Characters: Alice in Wonderland characters.



Ormiston Chadwick Academy is hosting an arts festival. The festival will include a range of performances created and performed by students in the school community. The festival will celebrate creativity and achievements of both young people and professional works used to inspire them. You have been given a brief by the Academy to take part in the festival. The performance work created needs to be based around the following stimulus.

It is okay to; make mistakes, not be okay, have hard days, be yourself, not know it all, ask for help, start over, need more time.

You must critically appreciate professional works which represent a similar theme and stimulus to inspire your work in multiple disciplines.

MUSICAL

THEATRE

A genre which uses dance, acting and music to tell a story

"The time to sing is when your emotional level is just too high to speak anymore, and the time to dance is when your emotions are just too strong to only sing about how you feel."

Bob Fosse

Dance

Bringing words to life using an array of techniques that are linked with the drama unit. Naturalistic and stylised are the two main ways.

Acting

Movement links to the song lyrics using: gestures, dynamics, timing and musicality.

MUSIC

Explore different genres of music that are used to help tell the stories. Classical. contemporary, rap, disco, opera and so many more!

With a focus on:

Hamilton, Dear Evan Hansen, American Idiot, & Juliet, and Mamma Mia.

Lighting	The lights can show what time it is, define a location, add to the atmosphere, highlight a moment or direct the audience's focus. A blackout can be used for a set change or for an actor/dancer to exit the stage.
Costume	Costumes can tell the audience about the character before they speak. For costume, we need to consider how elements such as the colour, fit, material, design and shape show the character to the audience.
Set	The set design shows where and when the play takes place. It can communicate what era the play is set, the wealth, social context, and other themes. Set design is often the first thing that an audience member sees and it often gives them preconceptions as to what the play is about.





Use of height by a character. Can be used to show status.

Proxemics: The space between characters to show a relationship

physical skills	vocal skills
Levels	Clarity
Facial Expressions	Accent
Body Language	Volume
Space	Pitch
Posture	Pace
Gesture	Tone

Dramatic Techniques



Improvisation





Chair Duets





Movement

Upstage Right Center Stage Right	e / Upstage Center	Upstage Left
Center Stage Right	Center Stage	Center Stage Left
Downstage Right	Downstage Center	Downstage Left



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