

Theatre Study Guide

Cycle 1

3 September ~ 24 September



Overview: Our focus for this cycle is exploring how our physical bodies interact with sound and word to create meaning for theatre.

Essential Questions: How does body carriage reflect or affect personality and emotion? What are the limitations of my body? How do I focus or change my energy? How can relaxation help me focus my energy?

Checklist:

- _____ 1. Learn the Sun Salutation in order. (Be able to either do or explain each movement.)
- _____ 2. Know the placement of the 3 boxes in the body, and be able to demonstrate rotating, shifting, and tilting each box.
- _____ 3. Choose a partner or a group (up to 4 people in the group) to perform with.
- _____ 4. Choose an emotionally significant moment from your life (can be happy, sad, scary, confusing, or even bored).
- _____ 5. Select an instrumental piece of music that connects with the emotion you have chosen. (Music can be recorded or played live by a member of your group.)
- _____ 6. Using the 3 boxes and facial expression, combine physicality with music to perform an emotion. No words! Must be 3-5 minutes in length. Rehearse during class and at home.
- _____ 7. Perform for the class.

Performances 22 September ~ 24 September!