

Power Skills



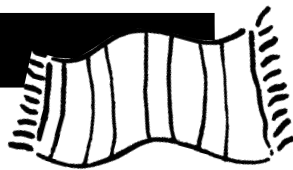
Athletic Theatre

Move expressively, creatively and rhythmically

MIME TIME

Ready

Good actors are good movers who are able to think about each body part as an expressive tool for communicating messages and feelings.



Set!

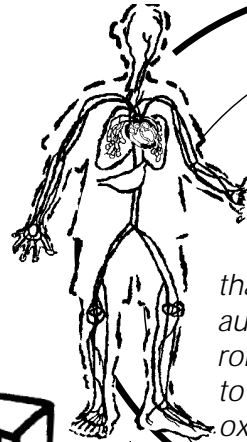
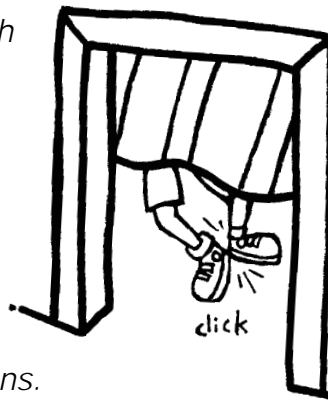
Think about how you can use your feet to communicate different emotions and sensations.

Sad, angry, tired, hot, cold, happy, sore, clumsy

- Practise in front of a mirror.
- Think about heavy or light/ quick or slow/ big or little movements. What moods do these movements express?

GO!

- Tape a sheet or beach towel across a doorway so that only your feet and shins can be seen.
- Invite a friend or family member to watch and guess what you are expressing with your feet.



Acting for Heart

Research how the circulation system works. In a group, create a skit that would help a younger audience understand. Assign roles to each group member to act: Heart, lungs, blood, oxygen, CO₂, etc.

Turn up the heat!

You add the challenge!

- Now try being expressive with just your hands, legs, eyes, etc.
- Create a charade that shows the emotion in a sporting event (determination, team spirit, joy of victory, etc.).

Heart Leaders!

Invite other friends and neighbours to watch. Help them create their own athletic theatre.

