

The background features a dark grey field with stylized floral patterns in shades of pink, grey, and green. A large, vibrant pink oval is centered on the page, containing the text. The text is written in a white, cursive font and is underlined with a simple white horizontal line.

*Performing arts
wellbeing activities*

CHOREOGRAPH

Create a spoof of a famous choreography, your dance should be a funny version of a famous dance scene or music video. So, what will it be: another Chandelier rendition, a Hotline Bling parody or a re-make of Flashdance?



Consider staging your location to look like the original, or creating a costume to make your character recognisable.



LEARN

How could you capture what you have learnt? Can you persuade a member of your family to be your dance partner?

Strictly Come Dancing star Oti Mabuse is live-streaming dance classes suitable for all age groups on her YouTube channel and via her Instagram page. Along with her dance partner, and husband, Marius Lepure, the pair will be teaching steps from famous dances as well as choreographing new routines.

<https://www.youtube.com/user/mosetsanagape/videos>



FITNESS

Could you create your own dance fitness routine? Maybe you could lead a dance fitness workout with your friends on Zoom.

Develop your overall health and fitness by participating in a dance fitness class.

PopSugar Fitness has over 50 routines to choose from, can you challenge yourself to take part in three a week?

<https://www.youtube.com/playlist?list=PLI37FJm0trj1ROfTagRH6XH5BKEu>

d10Jq



LIVE PERFORMANCES-



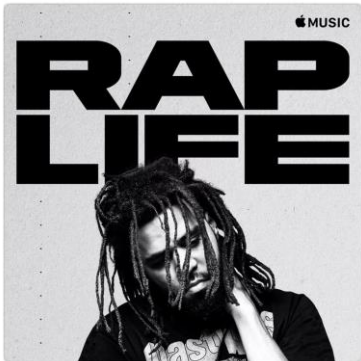
Watch a performance from an artist you admire. A lot of artists are live streaming performances, Gary Barlow is hosting the Crooner Sessions, venues like the Royal Albert Hall are streaming concerts... Have a look and enjoy a concert from the comfort and safety of your own home.

Write up a review of the concert – what rating (out of 10) would you give it and why? If you can watch it with your family, have a discussion about the concert afterwards – what did you like / not like about it.

RAP

Teach yourself to rap with these online lessons!

<http://jamzone.littlekidsrock.org/lessons/hip-hop-basics-slogans/>



Could you perform to your friends or family?



A HISTORY OF BRITISH POP

Make a timeline of British pop. You will need dates, genres and artists.

<https://www.bbc.co.uk/bitesize/topics/zbw7pv4/articles/zrrnpg8>

Which is your favourite style and why? Find examples of songs and add pictures of the artist /album covers to your timeline. Listen to some examples



XYLOPHONE



Using your xylophone, compose a short tune or see if you can play one that you already know.

Have a go at making a xylophone out of glass jars filled with water. You will have to experiment with how much is needed to get the notes right.

<https://www.bing.com/videos/search?q=Water+Xylophone&adlt=strict&view=detail&mid=F26E9BF9A7EA8D317535F26E9BF9A7EA8D317535&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3DWater%2BXylophone%26FORM%3DVDMHRS>

WATCH

The Old Vic is one of the best known and best loved theatres in the world. Watch the Old Vic productions on YouTube.

<https://www.youtube.com/channel/UCmh6MmjVkAnzTNyKH11Oruw>

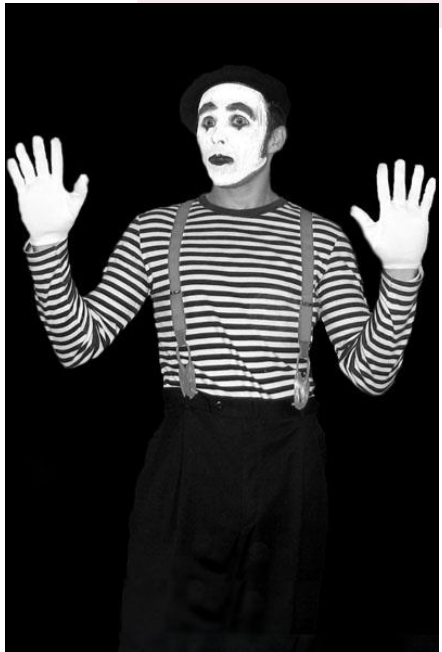


Write an evaluation on what you saw or discuss what you enjoyed with a family member.



MIME

Create a Mime sequence of things you plan to do when you come back to school



Consider what your favourite lessons are, or what sporting activities you are missing.



DEVISE

Create a 1 minute film trailer or storyboard of your favourite parts of lockdown.

You could create short scenes of things that you have done or that have taken place with your family.



Create a family TikTok dance

Could you upload your choreography?

<https://www.youtube.com/watch?v=8ar0zjb9aFQ>



Write the lyrics of a quarantine song

Consider how you've been feeling or what you've been up to...

The National Theatre



The National Theatre have released free online plays for the public which go live every Thursday 7pm each week and on demand afterwards.

Consider writing a review of the performance, could you share this with others?
Where to watch: YouTube, every Thursday 7pm

Create a short script of
your experience during
lockdown

Draw a storyboard of activities you have done at home during lockdown

Re-enact them with your family or turn the activities into dance movements and link together into a dance phrase.

Scene:	Scene:	Scene:
Scene:	Scene:	Scene:

Create a TV advert with
your family on how you
feel about the NHS

Create a Greek theatre mask.



- Research for inspiration. Before you start making your mask, first decide on a design. Use the Internet or books on Greek theatre inspire ideas of what your mask could look like.
- Decide what emotion you want to convey. You should choose a simple but clear expression to represent. You may decide to make a mask that is happy, sad, angry, excited
- Draw your design. Once you have settled on a design, draw it on a piece of paper.

Create a song using household objects as instruments

Consider the material of the objects you use and how this could alter the volume or pitch of the sound. Could you combine this with the quarantine lyrics?



Use <https://www.soundtrap.com> to create a song online.

A user guide is available to all those interested in creating a song. You can collaborate with fellow class mates and work on it together.

(→) Soundtrap®