

# Power Skills

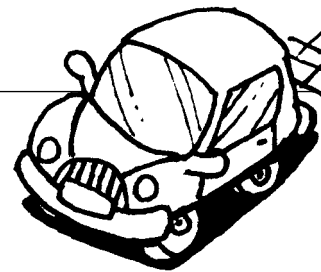
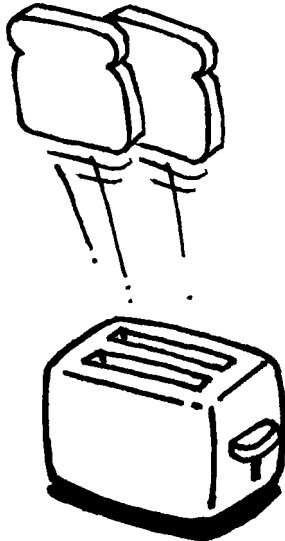


## Athletic Theatre

*Move expressively, creatively and rhythmically*

### Ready

- Find a group of friends and family members to join you.
- Instead of 1 person acting and the others guessing, in this activity the group does the acting and 1 person guesses.



*Which appliance did your group present the best (i.e. the most creative and expressive)?*

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*Which one was the most fun?*

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### Set!

- In a small group, brainstorm different types of appliances or machines that move (e.g. lawn mower, toaster, blender).
- Together, plan how you can use your bodies to build the appliances.
- Try different options to find the best routine for each appliance.
- Work as a team to synchronize your actions and perfect your routine.



## Heart Leaders!

*Create a production incorporating all the different appliances. Develop a story, use sounds effects, wear costumes or add other fun things! Polish the production and present it to an audience.*



### GO!

- Present your routine to a friend, parent or teacher.
- Think of more challenging versions of the same activity.