

# 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!

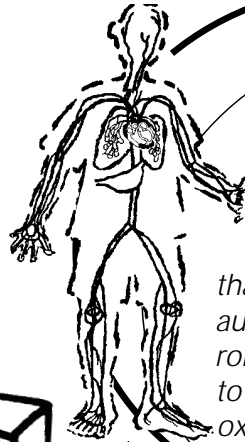
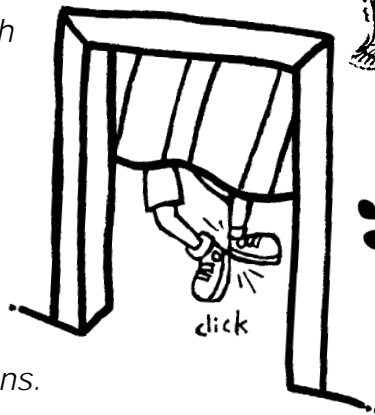
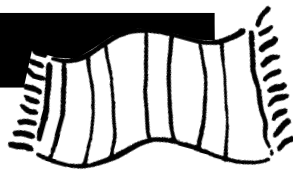
Think about how you can use your feet to communicate different emotions and sensations.

**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, CO<sub>2</sub>, 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.

