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.

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.

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

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

Which one was the most fun?

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.