

### Dramatic Elements

Year 7 Unit of Work







Task – What is the acronym for language we learnt last lesson and what do the letters stand for?

Extension – Give 4 examples of how we can our vocal skills to create these two characters.



## To master this lesson...

 Students must evaluate how they and others have used movement in their work.

• Students must use movement in their performance.

Students must understand what movement is.

**LEARNING OBJECTIVE: To understand what movement is and how to use it in performance.** KEYWORDS: Movement, Rehearsal, Confidence

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# **Teacher Led: Context notes**

### **Movement:**

- Movement refers to the physical way in which a character or object transitions through a provided space.
- Movement can also refers to stillness. Often stillness can be more powerful then movement.
- Physical Skills include:

Posture Eye Contact Tension Facial expression Levels Action Gesture

Space Acronym: PET FLAGS

10 min

**Challenge:** 

What are some different examples of one of the movement skills.

### **Super Challenge:**

How could one of these help you to create a frantic character who is very clumsy?

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## Warm Up – Shake Out



YouTube Link: https://www.youtube.com/watch?v=Et0RGcrgkpA&t=21s

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## **Student Led: Types of Shapes Activity**

- When I call out one of the body shapes you have to make it with your body.
- Last person into the correct body shape is out.

### **Challenge:**

How can you heighten and extend the body shape to 100%?

Remember: Be careful not to strain your body.

### Help Box:

**Body Shapes Include:** 

- Angular
- Curved
- Open
- Closed
- Symmetrical
- Asymmetrical





### **Student Led: Planes of Movement Activity**

- In pairs, you are required to mirror each other using the planes of movement.
- Person A is to lead and person B is to follow, then swap.

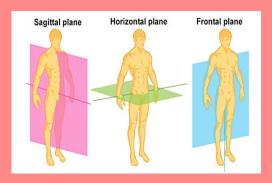
### **Challenge:**

Can you vary your pace and still do the same movements at the same time?

### Help Box:

Planes of movement Include:

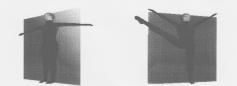
- Sagittal plane
- Frontal plane
- Transverse plane



#### PLANES OF MOVEMENT

**10 min** 

There are three primary planes of movement of the human body: frontal, sagittal and transverse. These planes relate to movement at the joints: frontal plane = abduction and adduction sagittal plane = flexion and extension transverse plane = rotation



The **frontal plane** (above) splits the body front and back. This plane can also be called the vertical or door plane. Movement along this plane is sideways movement. This can also be referred to as **lateral** movement. For example, moving arms legs or torso to the side is moving in the frontal plane.



The **sagittal plane** (above) splits the body into right and left sides. This plane can also be called the backward-forward or wheel plane. Movement along t plane is **forwards and backwards** movement. For example, lifting your arm or leg directly forward or backward is moving in the sagittal plane.

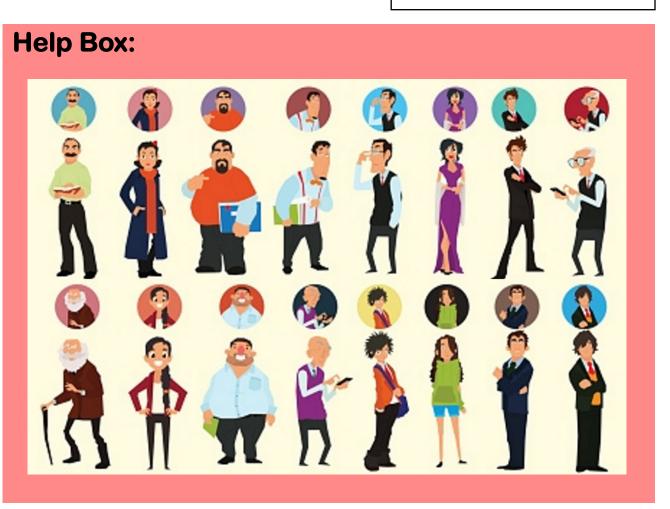
The **transverse plane** splits the body into top and bottom. This plane can also be called the horizontal or table plane. Movement along this plane is **rotational** movement. For example, twisting the torso or performing a turn are both actions in the transverse plane.

## Student Led: Life in the Village Activity

- You will be given a card with a type of person on it.
- When you teacher calls out "create the village" your job is to interact with other actors as that person.

### Challenge:

Make sure you don't block (Stop the action) always agree and further it.



**10 min** 

# As you leave !!

- Individually reflect on the work you have completed today.
- Which success criteria point could you confidently say you have achieved?

### **Targeted Questions**

- How could you or someone else use movement more effectively in group work?
- How did you use movement in your work today?
- What is movement?

## End of lesson Seven