

TERM 1

DRAMATIC SKILLS DEVELOPMENT



Topic 1: Dramatic skills development

Content/concepts/skills

Teacher-devised warm-up routine focusing on the following:

Vocal development:

- Relaxation exercises
- Breathing exercises
- Resonance exercises
- Articulation exercises

Physical development:

- Release tension, loosen up and energise the body
- Mirror work in pairs and small groups (slow and smooth movements while one learner leads the movement and the other follows, extend to four learners in a diamond shape, facing the same direction. Person at the head of the diamond leads.)
- Use of imagery to warm up the body and explore movement dynamics
- Lead and follow movements in pairs, small groups and as a class

Why is it important to warm up before a drama lesson?



- ✓ It helps to prepare the body and the mind so that you can focus on the demands of the lesson that is to follow.
- ✓ It allows for time to focus on and practise correct breathing for speech.
- ✓ It develops the quality and clarity of the voice.
- ✓ It warms the voice up so that it can be more expressive.
- ✓ It loosens up different body parts for easier movement.
- ✓ It energises the body in order to make it more expressive.

Here is an example of a basic 15-minute warm-up routine you can do at the start of every lesson or before any performance. Your teacher will vary it as the year progresses.

Activity

A warm-up routine

Physical exercise

Walk around the room as fast as you can without bumping into anyone. FREEZE! Now walk around as if you are lost. FREEZE! Walk around as if you are very old. FREEZE! Walk around as if you are just learning how to walk. FREEZE!

Relaxation

Imagine that your body is a piece of elastic and is being stretched from side to side. Reach as far as you can horizontally with your body. Now imagine that your body is being stretched vertically. Repeat twice.

Breathing

Sit upright in a chair with your hands relaxed in your lap. Make sure your spine is straight and that your chin is neither sticking out nor tucked in. Focus on your diaphragm and breathe in deeply and slowly through your nose, before exhaling through your mouth to a silent count of five. Make sure that the strength of the exhalation remains the same throughout. By the fifth count there should be no air left in your mouth or lungs. Now repeat the exercise but increase the number of counts. Make sure that you do not force your breath out while you are counting.

Resonance

Put your hand on your chest and buzz like a bee: bzzzz.....bzzzz... Repeat it a couple of times. First feel the vibrations in your chest, before shifting the sound into another resonance cavity like your mouth.

Articulation

Repeat the following tongue twisters:

- Truly rural
- Lovely lilies grew along the lake
- Celery, raw
Develops the jaw
But celery, stewed
Is more quietly chewed



Variations

