



# AXIS THEATRE

## **Description:**

Introductory workshop into the world of Physical Theatre. This is an introductory for students grade five to twelve. The workshop is taught by Axis Theatre cast members. Together participants will explore a variety of physical theatre exercises and games providing the basic foundation for performing in a theatre production. Games and exercises will help stretch participants imagination and offer a glimpse into the world of improvisation & collective creation.

Participants will learn about plot and character development, story structure, and how to physically play on stage. All exercises, including work in character development, lead to improvisations that are performed in front of the class. This workshop is designed for young people who want to play, have fun and learn new skills in physical theatre.

- Participants are encouraged to have shoes and clothes to easy move in
- A water bottle
- An energy snack
- Note paper and pen/pencil (if they want to take notes)

## **A few examples of games and exercises:**

### Warm up

Body and Voice stretch and move on the spot

Some tongue twisters are always fun

Red Leather Blue Leather Yellow Leather

Unique New York

The big blue bug bit the big brown bear and bled blue blood.

### Physical Games:

#### **Name Game #1**

In a circle - Say your name with a physical gesture- everyone mirrors

#### **Name Game #2**

In a circle - Slap/point to one person BUT say different person's name. The person's name called must slap/point to a different person calling out a different person's name i.e. the person who is pointed at does not say anything.

## **Face Masks Around the Circle Personal Masks**

In a circle - One at a time each participant makes a "face" group mirrors.

## **Jump Tableaux**

In a circle – One person picks three participants at random then says a phrase or theme and those three people create a tableau in the centre of the circle that expresses the phrase. (Three people must be touching)

Phases can be "A Winter Vacation"

"First day of School"

"Hope Springs Eternal"

"Good Overcomes Evil"

## **Sound and Gesture**

In a circle – One person makes a sound and gesture to the person beside them, that person mirrors that sound and gesture then turns to the person on the opposite side and does a different sound a gesture. That person mirrors the new sound and gesture and passes on a new sound and gesture to the next person. Go around the circle a few times. (Lines and character can be replaced by sounds and gestures after a while)

## Group Movement:

### **The River (ball)**

The group moves around the room neutral; one person has a small ball then passes the ball to a new person in the group. Everyone freezes, the person with the ball makes a physical sound and gesture and moves about the room while everyone mirrors as best they can. Then that person passes the ball to someone else, everyone freezes and that person now creates a new sound a gesture and moves about the room. (Lines and characters replace sound later)

## **Predator and Prey**

Entire group moves about room, secretly each participant chooses someone who is after them and someone who is protecting them. The objective is to keep the person who is your protector between you and the person who is after you. The workshop leader calls out GO! Let it run for about 3 to 5 mins.

## **What Just Happened?**

One person leaves the room and has to guess what just happened as the group in frozen in a tableaux

## **Body Walk**

Group walks around room – lead from different part of body starting at toes and move up to the nose.

Workshop leader claps and says next body part to focus on for the participant to lead from.

(Uses side coaching like as if your toes are being pulled by a rope and everything else follows)

### **Character Walk**

Walking through the space - walk like the coolest person you know, then walk like the shyest person you know, walk like the oldest and then the youngest...finally your favourite creature or mythical beast.

### **Park Bench**

One person sitting on a bench, another person comes by and has to try to get them to leave, but no hitting or pushing, just be annoying to force them to leave. (be honest)

### **Freeze**

Improv. game

### **Space Jump**

Improv. game

### **Hitchhiker**

Improv. Game

### **Paper Chase**

Improv. Game

### **Entrances and Exits**

Improv. Game

### **One Word at a Time/Act it Out**

Split the group in two, one group tells a story one-word-at-a-time while the other group listens. Once the story is over the group that listened acts it out. Then Switch.

### **Pay the Rent**

Using Archetypal Characters

- But I can't pay the rent (Damsel)
- You must pay the rent (Villain)
- I'll pay the rent (Hero)

### **Create a Character Through Animal Characteristics**

a character based in animal characteristics move around the room

Start as animal slowly become human with animal characteristics

### **Create a commercial**

Small group of participants 3 or four write and perform a short commercial