Comm Skills Virtual Learning

Competitive Drama I-IV Lesson

May 12, 2020

Lesson: <mark>May 12, 2020</mark>

Objective/Learning Target:
Script Analysis
Get moving with Laban Effort Actions
Practice using these techniques and apply it to characters in your pieces

Bell Ringer/Let's Get Started

How do our bodies show who we are and how we feel? What kind of body language exists in moments of anger? Happiness? Sadness? Guilt? Etc...

Lesson/Activity

The next few slides outline each of Laban's exercises. Move along with them. Practice walking across the room with each of these actions.

LABAN EFFORT ACTIONS

- Laban categorized human movement into four component parts:

- Each of those parts has two elements:

  - **Direction** is either direct or indirect.

  - **Weight** is either heavy or light.

  - **Speed** is either quick or sustained.

  - **Flow** is either bound or free.

GLIDE

- **Direction:** Direct
- **Weight:** Light
- **Speed:** Sustained
- **Flow:** Free

SLASH

- **Direction**: Indirect
- **Weight**: Strong
- **Speed**: Quick
- **Flow:** Free

PRESS

- **Direction**: Direct

- **Weight:** Strong

- **Speed:** Sustained

- **Flow:** Bound

FLICK

- **Direction**: Indirect

- **Weight:** Light

- **Speed:** Quick

- **Flow:** Free

PUNCH

- **Direction**: Direct

- **Weight:** Strong

- **Speed:** Quick

- **Flow:** Bound

FLOAT

- **Direction**: Indirect

- **Weight:** Light

- **Speed:** Sustained

- **Flow:** Free

DAB ;)

- **Direction**: Direct
- **Weight:** Light
- **Speed:** Quick
- **Flow:** Bound

WRING

- **Direction**: Indirect

- **Weight:** Strong

- **Speed:** Sustained

- **Flow:** Bound

MOVEMENTS SHOWN HERE

Practice

Pick a script you've done this year (could be revisiting the POI you just made). Identify a way to score your script of these different Laban Effort Actions.

Example: for float, you could draw a cloud ☁️; punch could be 💥; wring can be 〰️

Score your script in moments where these movements embody your character's emotions and can show that through his or her body language.

Why does your character best embody one of these actions in those chosen moments?

Laban works great, especially for poetry in your programs!