



## Acting 1 & 2 (Introductory Acting)

### Creating Warm-ups

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### Learning Objective:

The student will focus on stretching.

### Bell Ringer:

What are the benefits of body isolation mastery?

### Lesson Steps:

The purpose of this unit is to find a warm-up routine that can work for you!! We are all different and some of these warm-ups will work better for you and some you may not care for. Today, you will continue with physical warm-ups

### Practice:

#### BASIC STRETCHING

Stand with your feet wide apart and slightly pointed out. Reach your right hand toward the ceiling. At the same time, bend your right knee so that your body weight shifts to the right side. Increase the resistance by reaching with your left hand for the floor. Shift your weight to the left side, straightening your right leg and bending your left knee. At the same time, switch arms, reaching up with your left arm and down with your right. Repeat rhythmically for 16 to 32 counts.

#### FOLD-and-LUNGE STRETCHING

1. Stand with your feet wide apart and slightly pointed out. Bend over to grab your ankles or calves, or place your hands on the floor. Remain folded over, breathing evenly in through your nose and out through your mouth. Bend your knees and then straighten your legs. Repeat. Now spread your legs apart a little wider but stay folded over. Shift your weight from right to left in your hips. You will feel the stretch in the backs of your legs. Repeat for 16 to 24 counts.
2. Turn to your right and take a lunging position with your right knee bent and your weight on your right foot. Make sure your right knee is behind your toes, not over or in front of them. Put your hands on the floor on either side of your right foot. Your left foot is extended behind you, toes flexed under, with your left knee off the floor. Feel the stretch.

3. Rest your left knee on the floor and stretch by straightening your back. Place your hands on top of your right thigh and push your weight forward. Return your hands to the floor and straighten both of your legs, keeping your body centered over your right leg. Remain facing right, but shift your weight back so that it's distributed between both your legs. Feel the stretch.
4. Try to flatten your spine by pressing your chest lengthwise along your right leg. You may lift your head to increase the stretch. Repeat 2 to 4 times.
5. Reverse the exercise (Steps 2 through 4) by lunging forward on your left leg and stretching your right leg back. Repeat 2 to 4 times.
  
6. Final stretching activity. After your last lunge, move your body back to your centered, folded-over position. Bend your knees into a crouch and bounce very gently. Place your hands on the floor and slowly straighten your legs. Bounce and straighten a few more times. Now, from the folded position, walk your hands out a few inches, then a few more, and a few more until you are in a bridge position. Lift and lower your heels 8 times. Walk your feet up to your hands and roll up slowly through your spine. Shake out.

Great job! The next two lessons will focus on vocal exercises. Remember – the purpose of this unit is to find a warm-up routine that can work for you!! We are all different and some of these warm-ups will work better for you and some you may not care for. That's okay!!