

PROGRAM

Healthy Heros

ARTIST NAME

PUSH Physical Theatre



AVAILABLE FORMATS

- ☐ Performance
- ☐ Single Workshop
- ☐ Multi-Session
Residency Workshop

GRADE LEVELS

- ☐ Pre-K
- ☐ K – 2nd
- ☐ 3rd – 5th
- ☐ 6th – 8th
- ☐ 9th – 12th

MAX NUMBER OF PARTICIPANTS

In-Person: 25
Virtual: N/A

PROGRAM LENGTH

60 minutes

PROGRAM DESCRIPTION

3-2-1-0 Be a Healthy Hero! This workshop has continuous physical activities that support the Be A Healthy Hero campaign for our community's kids! Kids run for the healthiest snack choices in our relay race, get tips on learning to love exercise through physical theatre and end the class with a bit of something just as important... rest. (This workshop includes a coloring book for each child to take home.)

CURRICULUM STANDARDS

This program supports these NYS or Next Generation Learning Standards:

Contact Arts for Learning WNY for more information.
(716) 881-0917 | info@artsforlearningwny.org

Arts for Learning WNY's mission is to inspire, expand learning,
and strengthen our community through engagement with the arts.

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EDUCATIONAL OBJECTIVES

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LOGISTICS/EQUIPMENT

Stage/Performance area:

1. Must be clean (performers are barefoot, stage must be completely clear of debris, splinters, holes, wires, etc. and swept or mopped).
2. 2. Stage dimensions should be 25' x 18' or larger. For smaller areas, PUSH must be notified in advance.
3. 3. The audience should be able to see the performers whole body, without obstruction.
4. 4. The space must be available one hour before the program starts.
5. 5. If possible, all announcements and bells should be held until after performance.
6. Sound requirements:
 1. A sound system capable of filling the facility with clean, undistorted sound (for most spaces, a boom box/portable stereo is not adequate).
 2. Sound system should accept 1/4" or 3.5mm input (standard audio cable used for typical phones, iPads and computers) for the computer sound (provided by PUSH).
 3. One (1) volunteer (teacher or older student) to operate sound. Volunteer will need to arrive at least 30mins prior to the performance to rehearse cues with PUSH.
 4. One (1) hand-held microphone – either wireless or with cord long enough to facilitate movement around the stage.
11. 5. If event is held in a theatre, in addition to the sound system, there should also be one (1) monitor speaker on stage directed towards the performers.
12. Lighting:
 1. Any stage lights should be on and access given to lighting board if one is present.
 2. A person knowledgeable with the lighting and sound system must be present during set-up.

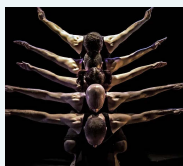
POST-PROGRAM ACTIVITIES & RESOURCES

Performance/Workshop » Discuss the content of the work. Students (esp. young-

er students) may have different interpretations of the meaning. Encourage a lively discussion that highlights why these differences occur, making sure to validate each individual interpretation as being right for them.

» Have the students repeat the pre-performance/work- shop role-playing exercises using the communication tools that they learned.

» Have students give written examples of concepts and emotions and have them draw a comparison between those better communicated with words and those better communicated with movements.



ARTIST BIO

Intense athleticism, gravity-defying acrobatics, and soulful artistry – award-winning PUSH Physical Theatre, the genre-defining masters of physical storytelling, express what it means to be human: the joy and sorrow, humor and tragedy, the big questions and the simple things.

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