

# **PERFORMING ARTS**

**Your preparation guide to get you  
ready for September**

Date: 29 April 2020

Ref: Performing Arts subject sheet

Dear Student.

Congratulations on securing a place to study Performing Arts/Dance at Bournemouth and Poole College starting September 2020. To be completely prepared and enable a smooth start to your course, please ensure you have the following 'tools' in your bag all the time, and that you complete two of the challenges below, ready for your first day. Thank you.

### USB memory stick

Keeping copies (back-ups) of your data files on a USB memory stick avoids possible loss of work and wasted time.

- Select a manufacturer known for reliable memory products like Corsair, Kingston, Patriot, Sandisk. This way, your data backups are more secure.
- Select a capacity suitable for video/music backups e.g. 32GB and up. As part of your course, there will be filming of auditions, scenes, choreography and songs, so you will want to be able to access these to complete the written work that relates to your practical activities.

### Email address

Prepare for professional level communication with a suitable email address. You should consider the following:

- **An email address that contains your real name** e.g. robert.smith@gmail.com and not the one you thought would be funny when you first created an email address for yourself e.g. bobbyonthebeatzbreakingbad46543@gmail.com
- **An email address that you actually check daily.** Set it up on your phone if you have the facility to do so (all smartphones do, of course).
- **An email address that is used for professional communication only.** Use a different email address for signing up to things like one-off services or offers. This prevents the inbox of your serious email from being filled with spam.

### Stationary

Taking notes and filing them daily is paramount to getting the most from your studies. To help, ensure you have the following:

- **A4 Lined paper that is already hole punched.** You won't always be next to a computer and making notes on paper allows you to approach things in a different manner; draw diagrams, make additions and links with arrows etc. It is also excellent practice to write up handwritten notes on a computer at a later date (when you return home from college that day). This enables correction of errors, gives rise to reflection on your learning, and provides an opportunity to record any questions you have about the topics covered, that you can then ask at the next session with your lecturer.
- **Pens and pencils.** A variety of colours is useful because you will be annotating scripts and creating diagrams that have details benefitting from the clarity separate colours can provide.
- **A4 ring binder folder.** This enables you to file the notes and resources from different topics allowing easy reference in subsequent sessions.
- **Ring binder dividers.** To separate your topic sections.

### Calendar/Diary

As an industry professional, it is likely you will have many appointments and deadlines to remember. Similarly, at college you will have assessment deadlines, recording sessions, rehearsals and other important dates that must not be missed. Your schedule may change and will develop over time. For this reason, if you do not already, we suggest you start using a calendar or diary. All mobile phones come with this functionality and linking the calendar from your professional email address provider, will further help your communication and planning. If you don't know how to do this, just search on the internet for 'linking my Gmail/Outlook/etc email calendar to my phone calendar app'.

## Next Step Prep- Performing Arts Challenges

Please complete **TWO** (or more) of the following exercises before starting and have them ready to share on your first day. Be resourceful, your work should always reflect the best of you!

### Vocal Challenge

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#### Singing with Acapella

Download the app and create a looped soundscape, be creative, use different sound using only your vocals, good luck!!! Download in app store, link below! <https://www.mixcord.co/pages/acapella>

### Commercial Challenge

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#### Create an ad

Using any household product create an advert, this could be a video, power point or poster! Do your research, Write your own script and present your work with confidence.

#### How to Effectively Sell Your Product or Service

1. Know your **product**. Imagine every question a prospect might ask and arm yourself with answers, linking each **product** fact to a customer benefit.
2. Explain your offering in a sentence.
3. Know your product and your target audience.
4. Set your sales presentation goal.
5. Dress for success.

### Vlog Challenge

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Create a Video log discussing a hobby you have, ensure you do your research and you introduce the world to one of your favourite things! (3 minutes max)

### Film Challenge

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Recreate a scene from a famous film, you will play all the characters. Film the scene and use simple editing software to put it all together. You will need to think about the shots you use, how you set your scene, use costume and how you use your skills to show a clear difference between all characters.

[https://play.google.com/store/apps/details?id=com.cyberlink.powerdirector.DRA140225\\_01&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.cyberlink.powerdirector.DRA140225_01&hl=en_GB)

### Monologue Challenge

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Learn and deliver the monologue below in contrasting styles, think about different accents, back stories and emotion to show a difference in your delivery.

Monologue;

*You stayed the same, I evolved. You never changed. The same way we were when we were young is exactly how you remained. It's like you haven't developed to the next chapter. I evolved. I changed. I moved to the next chapter. I moved out, got a job and work hard. I have commitments. Do you understand? You didn't do any of that and there's nothing wrong with your life because it's the way you've chosen to live it and that's ne but you don't respect my choices and who I am today. You think I'm still the same... and I'm not. I'm not who I used to be. You keep trying to pull me back to who I used to be and I'm not going. I'm not walking back there with you, even for a second because I like who I am now.*

### Contemporary Dance Challenge

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Recreate a famous contemporary dance. Make sure you break it down; think about the style and genre, maybe put your own little twist on it! <https://www.youtube.com/watch?v=e-jT9YtKQf8>

### Show Review Challenge

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Write a review of one of the shows below, ensure you take notes when you watch it for the first time and support your opinions with examples.

Top Tip;

- 1 Read, watch, or listen to the work more than once.
- 2 Provide essential information in review.
- 3 Understand your target audience.
- 4 Take a stand, have an opinion
- 5 Explain how you're judging the work.
- 6 Introduce evidence to support your criteria.
- 7 Know the conventions of the genre.
- 8 Compare and contrast.

Link Below is a list of some of he shows available to you remotely.

[https://www.whatsonstage.com/london-theatre/news/stageshows-musicals-opera-free-stream-online\\_51198.html](https://www.whatsonstage.com/london-theatre/news/stageshows-musicals-opera-free-stream-online_51198.html)

## Create a Company Challenge

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### Create a Logo for your company and a poster for your first show!

Think about the type of company you would create if you could, what type of work would you do, can you design a logo and a poster for your show? Remember there are design apps available.

## Commercial Dance Challenge

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Recreate a famous commercial dance. Make sure you break it down; think about the style and genre, maybe put your own little twist on it!

<https://www.youtube.com/watch?v=0WrduNbwYUE>

## Headshot Challenge

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Re-create the following types of head shot using your phone, think about lighting and edit to make it look the best it can.

### Different types Headshot

#### Commercial

Typically (not always) has the person smiling and projects warmth and friendliness.

#### Theatrical

Usually serious, focused and actors are not smiling.

#### Glamour

More artistic and idealized images.

#### Studio

Photographed in the studio

#### Natural

Photographed outside with natural light

## Set Design Challenge

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### Create a box set for your favourite show

Think about your favourite show and use anything you can to create a box set for it, this may even have moving parts or alternate pieces that move in and out, be creative, use what is available to you!

<https://www.youtube.com/watch?v=OLw-QapkxNA>

## Musical Theatre Challenge

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**Learn and record a musical theatre song;**  
**think about emotion, story and characterisation, examples below.**

Male

Song and Lyrics

<https://www.youtube.com/watch?v=LYxQOAz8Zy8> <https://www.youtube.com/watch?v=DQ-ODeAoZJg>

Female

<https://www.youtube.com/watch?v=GDVaa3z8jHw> <https://www.youtube.com/watch?v=h-xmsNTTezE>

## Yoga Challenge

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**Name 5 yoga stretches you have completed using the following link, make a chart rating the moves hardest/easiest and state reasons why!**

**Top tips: Wear something comfortable/do it outside if possible/ be safe/ hydrate. Bonus point if you get a family member/someone in the house hold to get involved.**

<https://www.youtube.com/watch?v=fVqeKWmituY>

## Fitness Challenge

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### This one you can promote staying healthy and fit

Using the link below record what muscle groups each of the exercises are working on, design your own well-rounded routine then lead a workout for your whole household. Alternatively you could record an instructional YouTube video using your routine

Top tips: Be safe during exercises - know your limits - drink plenty of water - safe surroundings - suitable clothing. Most importantly have

fun. <https://www.youtube.com/watch?v=wBtclm5dt74>

### Script Challenge

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#### Write a Script

It should include at least four characters using the title 'Together' think about the reason why the characters are all together, what do they want, do they get it

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Thank you for preparing for you studies in a professional manner. We look forward to seeing you at enrolment.

Kind regards and best wishes

The Performing Arts Team.

## Main sites at:

Lansdowne, Meyrick Road,  
Bournemouth, BH14 0LS

North Road, Parkstone,  
Poole, BH14 0LS



**01202 202205**



**enquiries@thecollege.co.uk**



**thecollege.co.uk**