

# Kemnal Keys – Year 8 – Physical Theatre

Physical Theatre – a form of theatre which emphasizes the use of physical movement, as in a dance or mime, for expression.

**Body as prop** is a term that describes actors using their bodies to create objects and set in a performance. Actors will sometimes use **movement** to bring these objects to life. Body as prop is often used in **minimalist** performances (where there is either limited or no set or props).

## LABAN'S 8 EFFORTS

This table refers to 8 different movements and distribution of weight space and time needed for a successful use of the movement in drama.

	Weight	Space	Time
<b>Punch</b>	Heavy	Direct	Quick
<b>Press</b>	Heavy	Direct	Slow
<b>Slash</b>	Heavy	Indirect	Quick
<b>Wring</b>	Heavy	Indirect	Slow
<b>Dab</b>	Light	Direct	Quick
<b>Glide</b>	Light	Direct	Slow
<b>Flick</b>	Light	Indirect	Quick
<b>Float</b>	Light	Indirect	Slow

## ROUND – BY – THROUGH

3 types of movements put together

**Round:** This is the movement in which consists you to 'literally' go round a part of your partners body as a basis for the entire piece.

**By:** moving to a parallel position to your partner

**Through:** movement that uses the upper body/arms to move through

**Chair Duets** are a **devising** technique used by Physical Theatre company Frantic Assembly.

### SUCCESS CRITERIA:

- start in **neutral** facing forward
- maintain a neutral facial expression
- include changes in **weight, space** and **time** to create **tension**
  - create **2-4 moves** each
- create a sequence of up to **16 moves in total**