

What is Physical Theatre?

A form of theatre which mainly uses physical movement as in dance and mime for expression. Where possible, shapes and objects as well as mood and atmosphere are created using the body as the main tool

Physical Theatre Key Vocabulary

1	Balance	Even distribution of weight enabling someone or something to remain steady
2	Counter Balance	Equal distribution of weight between TWO or more people / objects
3	Body as Prop	Using your body to create and 'become' an object such as a table
4	Round By Through	Technique used by Frantic Assembly to create "building blocks of movement". The three movements are used repetitively
5	Transition	The linking of two sections together smoothly.
6	Mime	Performing an action or gesture to suggest an object or character is there.
7	Narration	Telling the story out loud to the audience

GREEK THEATRE- 600BC

1	Dionysus	The Greek God of wine, festivals and theatre.
2	Amphitheatre	An outdoor theatre in a semi-circle shape.
3	Masks	Face coverings with different emotional expressions.
4	Chorus	A group of people who act as one within a performance.
5	Choral movement	Movement that is performed in unison (at the same time).
6	Choral Speech	Speech that is performed in unison (at the same time).
7	Trojan	People from the city of Troy (in Turkey).
8	Spartans	People from the city of Sparta (in Greece).
9	Trojan Horse	A giant wood horse built by the Spartans. It was a pretend gift for the Trojans. The Spartan soldiers hid inside and then attacked the Trojans.

STAGECRAFT SKILLS FOR PERFORMANCE AND REHEARSAL - BEPLACES

B	BLOCKING	Working out the movement and positioning of all the actors on stage. WHERE you will STAND and WHEN you will move
E	EXTRANCES AND EXITS	Where and when you come on and off stage.
P	PROXEMICS AND USE OF SPACE	Proxemics is how close or near you are to others on stage. This can help to communicate meaning e.g. if your character is scared of another character you might stand far away. Use of space is where you position yourself on the stage so the audience can see you and others clearly.
L	LEVELS	How high or low you are positioned on the stage. This could be to communicate how important you are or to show you are in a different place to other characters.
A	AUDIENCE AWARENESS	Being mindful of what the audience will be able to see and hear and adapting your positions and voice to make sure they can understand everything clearly.
C	CONCENTRATION AND FOCUS	Being organised and sensible in your performance and staying in role at all times.
E	ENERGY	Putting effort into your performance and making sure you are lively and enthusiastic when you perform.
S	SET AND PROPS INTERACTIONS	Using the objects on stage confidently to show something about your character or the situation. E.g. snatching a bag of sweets to show your character is greedy.

Contextual links: DV8, Push Theatre, Frantic Assembly.
Theatre : The Curious Incident of the Dog in the Nighttime / Lovesong (Frantic Assembly)