



Getting Ahead – Summer Work

#BrockFreshers

Performing Arts Level 3 Extended Diploma

Lecturers:

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Activities to complete before you arrive

- Write a list of as many performance styles and genres you can think of with a one-line definition of the style or genre.
- Research five performers who use the Stanislavski method and discuss the strengths and challenges of the technique.
- Discuss a character from a play that you feel would be an excellent casting for yourself and be prepared to discuss why.

Based on the online session which you watched:

Voice with Moira:

Homework Task 1 - Singing Skills

- Follow a warm up routine when you are practicing your singing to keep your voice healthy and strong.
- Find a warm up exercise or song to share with the rest of the group when we meet in the new term.
- Be prepared to lead this exercise with the group as part of your skills sessions .

These are some example warm up songs we use at Brock to help you

Kumula Vista – A Warm up for call and response

<https://www.youtube.com/watch?v=d1o7bTHmQgE>

Canon in Swing – A Warm up song in a round

https://www.youtube.com/watch?v=OtYG_QPRfL0

Homework Task 2

Start your vocal glossary by researching and writing a simple definition of these words and phrases:

- vocal dynamics
- crescendo
- tone
- pitch
- timbre
- tempo
- song structure



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Homework Task 3

Have a listen to these songs we will be looking at in the Autumn term

I see fire by Ed Sheeran (from Lord of the Rings)

<https://www.youtube.com/watch?v=Pkv9n3fo6Lw>

Magic to do by Stephen Swartz (from Pippin the musical)

<https://www.youtube.com/watch?v=AqbYa-NXFOg>

Acting with Alexa:

Read the script you have chosen and reflect on both the Given Circumstances and Magic If, annotate appropriately to record your thoughts and ideas.

Research and create a document explaining the other elements of Stanislavski's system including the following:

- emotional memory
- method of physical actions
- objective
- super objective
- subtext

Apply these elements of the system to help you bring the text to life, develop and polish your section of text ready to share in September.

Dance with Marco:

Using any style of dance you want, choreograph another 8-16 counts on the end of the routine for you to bring with you in September.

Great online content and texts to check out:

Check out these texts if you would like further reading for voice:

- Singing and the Actor Paperback – 20 Sept. 2004 by Gillyanne Kayes (Author)
- This is a Voice: 99 exercises to train, project and harness the power of your voice Paperback – 23 Aug. 2018 by Jeremy Fisher (Author), Gillyanne Kayes (Author), Cerys Matthews (Introduction)
- Hewitt G – How to Sing (Taplinger Press, 1979) ISBN 9780800839802
- Miller G – On the Art of Singing (Oxford University Press, 1996) ISBN 9780195098259



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- Peckham A – The Contemporary Singer (Berklee Press, 2000) ISBN 9780634007972
- Stone J – You Can Sing (Music Sales, 1997) ISBN 9780825615153

Check out these websites and books for acting content:

- <https://kneehighcookbook.co.uk/>
- <https://www.geckotheatre.com/>
- National Youth Theatre Monologues: 75 Speeches for Auditions Paperback – 11 Oct. 2018 by Michael Bryher
- An Actor Prepares (Bloomsbury Revelations) by Constantin Stanislavski
- The National Theatre YouTube
<https://www.youtube.com/user/ntdiscovertheatre>

Check out these websites for dance content:

- Hamilton <https://www.youtube.com/watch?v=rDv-MBqmMak>
- Clips from 'Newsies'
- <https://www.youtube.com/watch?v=n3ANKqrlg-k>
- https://www.youtube.com/watch?time_continue=42&v=pj63Ecf3LQg&feature=emb_logo
- Bob Fosse: 'Chicago' <https://www.youtube.com/watch?v=M6rsDZpUxZ8#>

Take part in an online conditioning class for dancers:

- Dancer Body Sculpt: <https://www.youtube.com/watch?v=WRsRH4rbJKE>
- Dancer Thigh Sculpt: <https://www.youtube.com/watch?v=8FA8v1BhPQE>
- Fully Body Dancer Sculpt: <https://www.youtube.com/watch?v=euT1bF3KIE8>
- Ballet Leg Workout <https://www.youtube.com/watch?v=bOU86TKXyD0>
- Ballet Abs: <https://www.youtube.com/watch?v=Ni1wNEdGtos>