

Physical Warm-up

Grade: K-12
Goal(s): To establish a physical warm-up routine.
Materials: None

DESCRIPTION:

A physical warm-up gives the actors a focused beginning to each rehearsal and builds ensemble.

INSTRUCTIONS:

Temper Tantrum:

1. Have the actors establish a comfortable standing position, legs slightly bent, space between the feet.
2. Ask the actors to make their arms weightless and relaxed.
3. The actors shake their arms out energetically.

Imaginary Jump Rope:

1. Have the actors pick up an imaginary jump rope.
2. The actors begin to jump rope.
3. Ask the actors to begin jumping double-dutch (jogging in place as they jump rope).
4. The actors jump rope again, swinging the imaginary rope around double time.

Quad Stretch:

1. Have the actors return to a comfortable standing position, legs slightly bent, space between the feet.
2. Ask the actors to grasp their right ankle with their right hand and gently pull their foot upwards. At the same time, the actors should take their left finger and touch their nose.
3. Repeat this same process with the left leg.

Hamstring Stretch: Ask the actors to take a wide stance (feet more than shoulder width apart) and have them try to touch their nose to their right knee without bending their leg. Repeat this same process, trying to touch the nose to the left knee.



Elongating Spine:

1. The actors bend at the waist and keep a flat back so that their upper torso is parallel to the floor.
2. Ask the actors to imagine they are puppets and a giant puppeteer has attached a string to the middle of their backs.
3. As the giant puppeteer pulls the string upward, the actors should curve their backs toward the ceiling.
4. The string is released and the actors return their backs parallel to the floor.
5. Repeat this process a second time.

Physical Warm-up Conclusion:

Return to and repeat Temper Tantrum.

SUGGESTED VARIATION(S):

- Add new warm-ups, but practicing an established routine is an important actor ritual.
- **Raising The Bar:** Let the actors take turns leading the warm-up.

