

spotlight

Bigfoot's 'Spotlight' programme consists of a range of specialist skills workshops designed to give students and their teachers the opportunity to work with professional arts practitioners to explore various skills and theatrical techniques.

Spotlight workshops encourage communication, cooperation, concentration and as well as speaking and listening skills and creative thinking. Spotlights can be used to support the dance, drama & theatre studies, expressive arts and physical education curriculum including GCSE, A level and the Creative and Media Diploma. They can also be booked for gifted and talented opportunities, enrichment weeks or off curriculum days, holidays courses and summer uni's, special events or celebrations, school productions and teacher INSET's. Anything is possible!

Enlighten your school and turn the Spotlight on...

Circus Skills

During a circus skills workshop students will have the opportunity to explore a variety of unique and unusual skills including juggling, plate spinning, acrobatic balancing (human pyramids), tumbling and / or diabolo or poi. Students will be introduced to each of the skills in a safe and supportive manner, emphasising the patience, commitment and cooperation required to learn and master each of the skills. Students will leave the workshop having achieved skills they did not previously possess and many will be able to continue to develop their skills long after the circus train leaves town!

Clowning

This workshop aims to develop student's knowledge of clowning techniques through theatre of play. Students will be encouraged to experience a range of clowning techniques during the workshop. Based around the concept of 'Theatre of Play', students will learn about their 'inner clown' and how to view the world through 'clown eyes'. All students will be able to demonstrate these new skills within a group theatrical sharing. Some students will be able to successfully perform a solo clown routine in front of other members of the group.



For more information or to make a booking please contact:

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free creativity. These workshops are based on the idea that improvisation and freedom is important, but only meaningful within a clearly defined structure. The students will progress through a series of basic exercises in order to learn simplified arrangements of African and Brazilian rhythms (with the option of songs as well), including polyrhythms, unison breaks and solos. Depending on a group's progress, and length of the workshop, students may also work on original composition and the links between rhythm, movement and narrative.

Stage Combat

This workshop aims to raise student's awareness of body control and the safety and discipline required in relation to stage combat technique. A range of stage combat techniques will be demonstrated and taught during the workshop, as well as the importance of trusting a working partner and the need for sustained focus to achieve safe and believable stage fighting. All students will be able to use these new skills in creating a theatrical performance to share with each other. Most students will be able to successfully apply some stage combat techniques to future theatre work they create or participate in.

Voice

This workshop will be split into different categories, How we talk? Why we talk? When we talk? And the different ways we talk. Students will be guided through a variety of exercises including technique, emotional content and sign language, culminating in a group exercise to consolidate everything they have learnt. The aim is to create a workshop which balances the technical and creative aspects of vocal work in a fun and accessible way.

Puppetry and Object Manipulation

In these workshops students will be introduced to the basic skills of puppetry through demonstration and exercises exploring focus, breath, gravity, rhythm, character development, as well as expressiveness through movement and voice. Younger students will focus on making and operating a simple rod puppet. Older students will learn object manipulation techniques and the Japanese bunraku based method of three-man operated puppetry (three puppeteers operating each puppet, working closely together to co-ordinate their actions). All students will work creatively and collaboratively to devise and perform their very own short puppet show and entertain their classmates!

Formats

Workshops are designed for a maximum of 30 students, and a standard one day format includes a maximum of four workshops and a sharing session at the end of the day to which parents and other students can be invited. Longer workshops and projects are also possible.

All workshops are designed and delivered by specialist practitioners who are fully trained and vetted by Bigfoot. Schools will be sent the Bigfoot's CV and the workshop plans for their approval prior to the workshop/s taking place.

A member of staff must be present during all workshops and the workshops must take place in an appropriately sized space.

Costs

Full day: £450 plus VAT
Half day: £350 plus VAT

Please note that discounts are available for multiple bookings, and other skills may be available upon request.



Mask

This workshop aims to raise students understanding of this style of theatre, as well as the use of masks within their own theatre work. Using basic or intermediate Trestle Theatre Company mask as a basis from which to work, students will be taught how to respect the mask and then bring the mask to life in a theatrical context. All students will be able to use basic mask work in creating a theatrical performance to share with each other. Most students will be able to successfully apply some advanced mask work techniques into a performance that will be shared within the session.

Physical Theatre

This workshop aims to raise students awareness of the use of their bodies and physicality in relation to theatrical performance. Students will be taken through a process of using their bodies and movements to devise and tell a story through performance. Students will be encouraged to explore how drama and theatre can break away from naturalism and allow for open and engaging story telling. All students will be able to use physical theatre techniques to create a theatrical performance to share with each other. Most students will be able to successfully apply some detailed physical storytelling to future theatre work they create or participate in.

Rhythm and Percussion

Using a combination of 'Boomwhackers' (tuned plastic percussion sticks), drum sticks, shakers, body percussion and vocal percussion, these workshops will provide an accessible introduction to the vast world of rhythm. There will be an emphasis on accurate copying and disciplined listening and playing with others, as well as on improvisation and

