

## FIRST STEPS IN THEATRE CRAFT

Age: From 3 years. Maximum age 7 years.

Time allocation: 15 minutes

Teacher conducts the examination.

A maximum of 8 students

Dress: Appropriate class wear

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### Track 1: Introduction

### Track 2: First Steps entrance

Making an Entrance - Children to enter the room individually or all together – teacher can announce their name when they come in

### Track 3: *'Hello, Are you ready to find your spot light?'*

Music plays as the children run and form a line

### Track 4: *'Shall we say hello?'*

Pause CD - Children to introduce themselves and say their names to the examiner. (Teacher can introduce children)

### Track 5: *'It's time to warm up'*

A warm up on the spot that may contain repeatable movements such as shaking, lifting and dropping movements of the head, shoulders, hands, feet combined with bounces, sways, and runs on the spot. (Similar to wake up warm up.)

**Track 6: Short link** - Children to run to positions for the next exercise.

### Track 7: *'Now let's practice our faces'*

There are six pieces of music - the teacher must select **one** happy, **one** sad and **one** surprised piece of music from the set music and the children can use facial expressions with simple movement or have a story to convey each emotion.

### Track 8a *'Happy'*

### Track 8b: *'Happy'*

### Track 9a: *'Sad'*

### Track 9b: *'Sad'*

### Track 10a: *'Surprised'*

### Track 10b: *'Surprised'*

**Track 11: Short Link** - Children to run to positions for the next exercise

**Track 12: 'Let's Make Shapes'**

Children to perform expressive and creative hand and arm lines and shapes e.g. waves, circles, stars, pulling, pushing etc this could also include simple movements such as swaying, running, spinning

**Track 13: 'Oh dear, it's Raining, Wellies on' ... 'stamp and splash in the puddles'**

Children can mime putting on their wellies and stamping and/or jumping in puddles to the sound effects and narration can be taken in any pattern/direction

**Track 14: 'Now the wind will blow...'**

Children to respond to the wind sound effect and narration e.g. run to the back of the room as if blown by the wind or huddle into a circle and then make the circle blow bigger

**Track 15: 'Lets skip, in the Sunshine...'**

Skips can be taken in a circle or any pattern as instructed by the teacher.

**Track 16: 'Quick! Run and hide'** thunder and lightening sound effects

Children to run to the corner of the room and hide, ready for the run and freeze.

**Track 17: 'Get ready to run and freeze'**

Children to run and then freeze in any position, can be taken on the diagonal or own choice of pattern, individually, in pairs or all together. Music repeats 8 times, but music can be faded or stopped if required.

**Track 18: 'Back into our line now'** short link for children to return to their line for their dance.

**Track 19: It's show time folks!**

Teacher to choreograph a group action dance to the set music using the action instructions in the dance combined with any additional movement. A simple prop could be used e.g. pom poms, tambourine, maracas (small)

**'Clap your hands'**

**'Twisty jumps'**

**'Shake it off'**

**'Jump around'**

**'Wiggle your hips'**

**'Freeze'**

**Track 20: 'Time to go home now'** Children to curtsy/bow and exit the examination room

Report Form  
Examination Code

First Steps Report  
TC FSA

## **IDTA**

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7. Now let's practice our faces
- 8a. Happy
- 8b. Happy
- 9a. Sad
- 9b. Sad
- 10a. Surprised
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11. Short Link
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16. Quick! Run and hide
17. Get ready to run and freeze
18. Back into our line now
19. It's show time folks
20. Time to go home now

Music composed and performed by  
RICHARD WETHERALL – WW PRODUCTIONS LTD  
Track 12 "Let's Make Shapes" composed by IAN MOLLATT

Commentary by Ian Meeson

Commissioned by  
INTERNATIONAL DANCE TEACHERS' ASSOCIATION LTD.

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