

# Performing Arts Summer Assignment

Issue Date: July 2020

Due Date: 4<sup>th</sup> September 2020



## Reflecting on your current skills

Name: \_\_\_\_\_

**My Skills Audit for (name) \_\_\_\_\_ Date: \_\_\_\_\_**

*The purpose of this audit is to assess your current skill level and to help you to set yourself realistic and individual targets.*

**Task 1. Complete a skills audit.**

**Section A: Acting Skills**

<b>Skill</b>	<b>Current level (out of 10)</b>	<b>Where am I now? How could I improve my skill level?</b>
<i>e.g. use of voice</i>	<i>6/10</i>	<i>Regularly practice vocal exercises, develop different accents, play a role that requires a distinctive vocal</i>
Body language		
Facial expressions		
Staying in role		
Reacting to others onstage		
Confidence onstage		

## Section B: Singing Skills

Skill	Current level (out of 10)	Where am I now? How could I improve skill level?
Singing in tune (pitching)		
Singing in unison		
Holding a harmony line		
Breath control		
Singing solo		
Acting through song		

## Section C: Dance Skills

Skills	Current level (out of 10)	
General fitness level		

General body strength		
Balance and co-ordination		
Flexibility		
Posture and alignment		
Knowledge of specific dance techniques		

### Section D: Personal Skills

Skill	Current level (out of 10)	Where am I now? How could I improve skill level?
Organisation		
Time-Keeping		

Team work		
Communication		
Problem solving		



## Task 2. Developing Skills.

If you have completed your skills audit accurately you have highlighted some areas that you consider to be strengths, and others which you consider require improvement.

The truth is that for *all* performers, *all* areas require constant practice, either to improve ability or at very least, sustain the required levels of proficiency to be successful.

In order to do this, performers need to undertake developmental exercises or tasks to hone these skills and abilities.

Step 1. Choose one of the performance areas as written above  
(Acting Skills, Singing Skills, Dance Skills.)

Step 2. Using your Audit scores, highlight the specific skills that you want to practice.

Step 3. Undertake a performance task to help you improve these skills.

### Performance tasks

Acting Skills	Singing Skills	Dance Skills
<ol style="list-style-type: none"><li>1. Create a plan to improve specific Acting skills or techniques – as highlighted in your audit – and undertake it.</li><li>2. Record how you are following it (film, images, diary entries.)</li></ol>	<ol style="list-style-type: none"><li>1. Create a plan to improve specific singing skills or techniques – as highlighted in your audit – and undertake it.</li><li>2. Record how you are following it (film, images, diary entries.)</li></ol>	<ol style="list-style-type: none"><li>1. Create a plan to improve specific dance abilities or techniques as highlighted in your audit.</li><li>2. Record how you are following it (film, images, diary entries.)</li></ol>
Extra task.	Extra task.	Extra task.
<ol style="list-style-type: none"><li>3. Choose a monologue from a published play and learn the lines so you can perform it off-script in September.</li></ol>	<ol style="list-style-type: none"><li>3. Choose and learn a Musical Theatre song that demonstrates your current skill level. Be able to perform it to staff in September.</li></ol>	<ol style="list-style-type: none"><li>3. Learn an existing professional dance routine that shows your skills and abilities, ready to present to staff in September.</li></ol>

To successfully accomplish this, you will need to organise your time, gather resources, rehearse positively and record your improvement. In the boxes below we have included links to some websites which may help you.

It should be noted that the best place to get a contemporary monologue is from a book – either a collection of monologues, or a complete script. However, some good pieces can be found on the internet, so we have included a link in the ‘Helpful websites’ section.

### **Helpful websites:**

#### **Acting:**

<https://www.shakespeare-monologues.org/plays> (Shakespeare Monologues)

<https://stageagent.com/monologues> (contemporary and mixed)

<https://actinginlondon.co.uk/exercises-improve-acting-skills/>

<https://www.bbc.co.uk/bitesize/topics/zqwj6sg> (Performance Skills)

#### **Singing:**

<https://www.openmicuk.co.uk/advice/vocal-exercises-for-singers/> (exercises)

<https://takelessons.com/blog/musical-theater-audition-songs-z02> (song ideas)

<https://stageagent.com/audition-songs> (song ideas)

<https://m.youtube.com/watch?v=Q5hS7eukUbQ> (exercises)

[https://m.youtube.com/watch?v=L5\\_-kvfsiGE](https://m.youtube.com/watch?v=L5_-kvfsiGE) (exercises)

#### **Dance:**

<https://pureenergybcs.com/blog/2016/8/16/5-exercises-you-can-do-at-home-to-be-a-better-dancer> (exercises)

<https://www.dancemagazine.com/dancer-youtube-workouts-2573661776.amp.html>  
(workout)

When college starts in September, we will be asking you to talk us through your process and it will be great to see some finished performances as this will show us how committed you are to the improvement of your skills.

Filming yourself may sound scary but is a great way to show improvement. Consider filming yourself once a week, or even more, as you undertake this task. This also evidences your process and will certainly help us – and you - to develop your skills.

In order to be ready for September you should complete the tasks for your chosen performance area. Some of you may even choose to have a go at all performance areas. Self-motivation is a really important factor in Performing Arts and talent without effort brings no rewards. So have fun, work hard and we really look forward to seeing what you bring with you in September.

See you soon,

The Performing Arts Staff Team.