

Shrek Week 1 Worksheet: Performance Skills

If you like, you can watch the whole of 'Shrek the Musical' on this link: <https://www.youtube.com/watch?v=UZLWzsrvoBE> AFTER you have completed the tasks below!

Task 1 Knowledge Organiser (5-10 mins)

Read through the information on the Physical Skills Knowledge Organiser (included at the bottom of the last page of this document).

Task 2: Identifying Physical Skills (10 - 15 mins)

The screenshot below is from 'Shrek the Musical' and it shows a young Shrek with his parents.

Using the Physical Skills Knowledge Organiser, **identify one example** of **what** physical skills the actors are using, **how** they are using them and **why** (what it communicates to the audience). There is an example below:

<p>What: the actor playing Shrek's father is using gesture</p> <p>How: by pointing his finger into the distance in front of young Shrek</p> <p>Why: to communicate to the audience that young Shrek must go that way.</p>		<p>What:</p> <p>How: by</p> <p>Why: to communicate to the audience that</p>
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Task 3: Analysing a Key Moment (5 - 10 mins)

Read the example of how to write a 'what → how → why' evaluation of a physical skill for a key moment.

Example 1: In this extract,

WHAT	<ul style="list-style-type: none">The chorus are using the physical skill of eye contact
HOW	<ul style="list-style-type: none">By staring straight at Shrek on the line, "You're our only hope.."
WHY	<ul style="list-style-type: none">To emphasise their desperate need for his help.



What makes a successful answer? Use WHAT → HOW → WHY

Task 4: Analysing a Key Moment (5 - 10 mins)

Look carefully at the image below and write a 'What → how → why' evaluation of a physical skill that you see being used in the image. Use the Knowledge Organiser to help you.

Answer: In this extract,

WHAT

HOW

WHY



Physical & Non-Verbal Performance Skills

What?	How?	Why?
Body language <small>(the shape and posture of your upper body; levels of tension in the body which combine to communicate emotion)</small>	Hunched shoulders + arms crossed or folded = closed body language	shows stress/worry/sadness/defensiveness
	Chin up + arms loose by the sides + chest out = open body language	Shows confidence/happiness/relaxed
Gestures/Actions <small>(movements made with hands/feet to communicate meaning)</small>	Wagging finger Rubbing hands together Both hands out in front	telling someone off Greedy Signalling someone to stop
Eye contact <small>(either looking directly at someone or avoiding eye contact)</small>	Avoiding eye contact by looking down Avoiding eye contact by looking away Making sustained eye contact	Shows guilt/worry/despair Shows distraction/deceit Shows concentration/anger
Stance <small>(The way a performer stands or the pose they adopt)</small>	Upright + rooted + forward-facing	= confident
	Slouched + light-footed + facing away	= nervous/guilty
Proxemics <small>(distance between performers on stage)</small>	Close proxemics	Usually shows a close relationship (e.g. friends or family)
	Far proxemics (bodies can also be turned away)	Usually shows emotional distance/dislike
Use of Space <small>(How performers use stage space - includes proxemics)</small>	Upstage Centre Stage Downstage	= weaker stage position; e.g. not wanting to be noticed. = most dominant position on stage – shows high status = weaker to stage left/right; stronger towards the centre; also used to connection with audience