

We do believe in movement!

We do! We do!

The format of the **FAIRY TALE** as the
perfect **environment** and perfect
vessel to deliver the message

- **Metaphors** are the bread of the sandwich: they allow us to intake **the meaning** even when it is difficult to explain it AND we can intake **more levels** simultaneously (tomatoes, tuna and lettuce)
- **Archetypes** establish **a common ground** and mirror who we are in every culture
- **The Hero's Journey** presents **transformation** as a challenge that **unfolds potentials**, unlocks hidden parts of the self and **brings rewards through growth**

Laboratory sessions

- Theatre games and exercises to explore the issues and identify the target
- Work on story telling through physical body and metaphors
- Experimenting HIIT and applying theatre to approach it
- Work in teams: creation of mini-plots using fairy tales as the vehicle of the narrative

Identifying a useful structure

- Protagonists of fairy tales who can carry the weight of the delivery
- Similarity between theatre process and sport practice
- Empowering the sport activities through the the theatre experience
- The hero's journey applied to our narrative

Procedure

- Division of the work in 2 hour sessions for a total of 10 sessions as a sample
- How to reach our target: 30% of the participants joining a sport club after the programme
- Creation of a work out that can balance physical activity and theatre with the suitable proportion and with the aim in mind

Procedure 2

- Protagonists and significant situations of **renowned fairy tales** intertwine to propose a journey: new perspectives emerge.
- Participants will take various roles in the unfolding of the story but together will form the lead character: **the chorus**
- The main object will be the Self as an individual and as a team. The story will support the **gaining of awareness and the transformation of the Self.**

Dramaturgy structure

- Stasis = absence of movement
- Upset of stasis = change in the conditions that forces to move
- Quest = movement
- Obstacle
- Decision
- Climax
- Reversal = teaching

OUR dramaturgy

Movement as the essential key to reach the goal, gain awareness, unlock potentials, go beyond limits, challenge identities, **transform, learn and grow.**

OUR dramaturgy

7 Levels that our Lead role will have to pass in order to gain his/her new Self.

Each level will be marked by a high intensity short shock activity.

At the end of each level there will be a moment of reflection summarizing the teaching of that specific activity.

Open Scenario

NEVERLAND

The Lost Boys live on a magic island where they can do whatever they want with no rules, no discipline, no goals. They eat all day, play video games and sleep. No movement.

CONTEXT:

Peter Pan has disappeared, reality kicks in. The Lost Boys can't find him. They look for him everywhere on the island. At the end they decide to leave the island and search for him. The adventure (and the movement) begins.

PHYSICAL EXERCISE HIIT

REFLECTION: We fear changes, but they push us to move. Movement is the tool for growing.

SLEEPING BEAUTY

CONTEXT:

Lost Boys falls on another fairy tale/planet.

Sleeping Beauty lives there but she is awake and determined not to sleep ever again, she drinks Coke and coffee all day, she is anxious and totally stressed.

PHYSICAL EXERCISE HIIT

REFLECTION: Good food and good sleep are essential for a healthy life. Balance is a treasure.

THE GENIE OF THE LAMP

CONTEXT:

Lost Boys find a lamp and inside the lamp a Genie realising everyone's wishes. Laziness is once again around the corner...

PHYSICAL EXERCISE HIIT

REFLECTION: To realise our dreams we need to work for them! Passion is good, but training and dedication are essential to achieve a goal in sport.

SEVEN DWARFS

CONTEXT:

Lost boys are discovering more about their real Selves. They found themselves in another “upside down world” where the 7 Dwarfs are on strike and refuse to work...

PHYSICAL EXERCISE HIIT

REFLECTION: In sport and in life we always function better when we work in a team. Each individual gives something unique to the group and receive the same.

PINOCCHIO

CONTEXT:

A wise cricket that puts off everybody asking for advise; the Lost Boyes are facing their fears. The ice on the cake is that Pinocchio tell only the Truth, even when it is not requested... Be judged is the ultimate challange.

PHYSICAL EXERCISE HIIT

REFLECTION: Words weigh a ton. We need to use them wisely and effectively to boost self esteem, not to create insecurity.

CAPTAIN HOOK

CONTEXT:

Peter Pan is back, but he is Captain Hook now. Scared to grow, he left the island before it was too late and has built a Fun Park on water. The Lost Boys leave the stage and join the audience. They don't need to stay kids to have fun. Reality can be fun! Neverland can become Wonderland.

PHYSICAL EXERCISE

REFLECTION: When we are kids, others decide for us, but when we grow up, we need to make our own decisions. Sport gives a direction to our movement in life.

PRACTICALITY

Each session will focus on one level experimenting physical exercises around the same theme. Themes change every session.

Proposed Schedule:

- general warm up
- Max of 30mins of High Intensity Short Shocks
- Debriefing
- Repetition and choice of the most effective exercise. Impro and work-devising on text.
- Writing of the Reflection as a Group

I do believe in fairies, and movement!

