



IMPROVISATION

IN PRIMARY SCHOOL





Improvisation in elementary school

Guide to implementing an improvisation project in a school setting

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WORKSHOP 4

Game phase: Warm-up

Skills developed: Cooperation, trust, spatial awareness and active listening.

Space required: The largest possible area. Ideally: a gymnasium or a sports hall.

Material :

A whistle

A stopwatch

A basketball (any other ball will do, depending on the space you have available)

A distinctive sign to differentiate the young people (bibs, t-shirts, improv jerseys, etc.)

Duration: 20 minutes

The Six Passes

It's a basketball drill that requires members of the same team to complete six consecutive passes. without interceptions or rebounds, to score the point.

Step 1

Divide the group into two teams of the same number of players and assign them a color.

Step 2

Draw lots (heads or tails, rock/paper/scissors) to determine who starts with the ball.

Step 3 :

Start the game with a whistle. The team in possession of the ball must make six consecutive passes, without Interceptions or rebounds, to score the point.

Step 4 If

the ball touches the ground, or is touched by the opponent without gaining possession, and the team remains in Once in possession of the ball, she restarts the count from zero.

Step 5

On the other hand, if the opposing team regains possession of the ball (note that it is not enough to touch it, you must have it) (well in hand), she's the one who starts the count.

Step 6 :

When a team completes six passes, they score a point. The opposing team then regains possession of the ball.

Step 7

You can set a time limit for the exercise, or simply set a target number of points to reach in order to win the part.



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Step 8

Once you have completed several routes, discuss their experience with the participants.

The challenges...

In the context of this game, it is impossible to win if an individual decides to do everything alone. COOPERATION is essential;

To achieve this cooperation, all team members need to become aware of where each of their teammates is located;

Each participant must instinctively position themselves in the best possible spot within the space. Obviously, everything moves very quickly, and one must constantly reassess their position. It's exactly the same in improvisation. You have to be able to adapt to the situation in real time, in order to put yourself in the best possible position to help your team.

When a player is in the lead, meaning they have possession of the ball, the biggest challenge is to quickly assess their options and make a decision. This is the main focus of this exercise, just like in an improvisation game.

Let's play! Let's now begin a more specific exploration of the more technical aspects of the match.

2. The Caucus

Team cohesion begins with the caucus, even before going on stage. The caucus is a very short time allotted to the teams to prepare for the improvisation that will follow. The caucus always follows the referee's reading of the theme card [1]. For thirty seconds, the coach or captain leads the proceedings. First, it's necessary to determine who will participate at the beginning of the improvisation, then a brainstorming session inspired by the theme takes place, so that whoever takes the lead can prepare for all eventualities. You never know what might happen or which direction the game will take.

Step 1

To try it out, divide your group into teams of four or five people. For the first improvisation, ask the teams to choose a captain who will lead the caucus.

Step 2:

Read a theme and whistle to signal the start of the 30-second caucus. The captain must first choose a volunteer to start the game. Then, brainstorm to inspire the person who will go on stage. Once the improvisation begins, the player chooses where they want to go and compares their plan with that of their stage partner. Play short 30-second improvisations and

Start again.

[1] For each improvisation, the referee reads a theme card, which includes the type of improvisation (mixed or comparative), the title, the category, the number of players and the duration.



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Step 3

Alternate between mixed improvisations (where both teams play together) and comparative improvisations (where both teams improvise one after the other) and discuss with the participants the difference in preparation between the two.

Mixed improvisation: It is highly likely that the idea chosen by the player will be confronted with a completely opposite idea from their counterpart. Therefore, during the caucus, it is necessary to generate as many ideas as possible so that the player's imagination can respond appropriately to different proposals.

Comparative improvisation: There are far fewer unknowns here, making it possible to better structure the upcoming improvisation, since the actors on stage have agreed to move in the same direction. And this obviously influences the caucus.

