



CRASHING INTO POTENTIAL

Performing Arts

Lesson 1: GOALS – Goal Setting in a Musical/Drama Project (Week 1&2)

- Set goals for group and individual performance projects
- Reflect on the role of goal setting in creative collaboration
- Develop strategies for achieving artistic objectives

Lesson 2: MAKING CHOICES – Making Choices and Acting Resilient (Week 3&4)

- Analyse the impact of choices in performance and rehearsal
- Demonstrate resilience in the face of creative challenges
- Reflect on the importance of adaptability in the performing arts

Lesson 3: MINDSET – Mindset of Characters in a Musical/Drama Project (Week 5&6)

- Explore the mindset and motivation of characters
- Analyse how mindset influences performance and interpretation
- Reflect on personal mindset in the context of performance

Lesson 4: PERSEVERANCE – The Ps of Perseverance (Week 7&8)

- Identify key elements of perseverance in the performing arts
- Apply perseverance strategies to rehearsal and performance
- Reflect on overcoming obstacles in creative projects

Lesson 5: DISCUSSION – Musical/Drama Presentation (Week 9&10)

- Present and discuss group or individual performances
- Reflect on learning and growth through performance
- Develop skills in self-assessment and peer feedback