

READY, BOX SET, GO!

Remotely delivering high quality arts programmes. Inspiring imagination, creativity, confidence and independent thinking.

WELCOME !

Contents

READY BOX SET GO: AN INTRODUCTION

FALL OUT

URBAN ASTRONAUT

PRICE LIST



About Highly Sprung

Highly Sprung Performance are the UK's leading physical theatre company making work with and for children and young people.

We have a unique approach for engaging young people through movement, storytelling and drama, with over 20 years award-winning experience in delivering educational programmes . In 2020, this experience allowed us to seamlessly adapt to a digital space, continuing to deliver a rich cultural programme for children and young people.

We know that every young person, regardless of their starting point, has great potential and is able to use their body as a creative tool. Through a genuinely open creative process, using our own physical theatre techniques, we empower every young person to explore how their body can be used to develop their own unique performing style.

READY, BOX SET, GO: AN INTRODUCTION

Using Highly Sprung's signature approach, we have created *Ready, Box Set, Go* - a digital resource with a series of engaging, imaginative packages for Key Stages 4 and 5. All packages have been developed with clear learning objectives and goals to guide and motivate your students.

Designed to influence and inspire how young people create and think, *Ready, Box Set Go* gives young people creative ownership of the programme and develops critical thinking skills. Each performance is connected to a key theme affecting young people's lives and so cultivates an awareness of the wider world.

HOW DOES READY, BOX SET GO WORK?

Each package comes with a pre-made box of physical and digital resources, using a Highly Sprung performance as an inspiration point. Throughout the delivery of these sessions, ***you won't be on your own***. Highly Sprung will be here to support teachers every step of the way, with structured guidance, CPD and lesson plans.

With each 'box set' you will receive:

- A physical box of resources with props, activity materials, scripts and character breakdowns.
- Access to online pre-recorded performances.
- Live and pre-recorded digital activities delivered by professional artists.
- Creative challenges to complete and take part in, giving an insight into the devising process.
- Teaching frameworks and schemes of work for each session.
- A pre-recorded CPD session for teachers from professional artists, enabling you to confidently lead sessions.





“POWERFUL, RELEVANT AND IMPORTANT. THE WORK IS NECESSARY AND RELATABLE FOR ITS AUDIENCE. A BREATHTAKING PIECE OF DRAMA”

FALL OUT

Fall Out was created in response to the growing mental ill-health crisis sweeping across schools, colleges and universities. This high-energy physical theatre performance focusses on three relatable characters and their response to a modern world. Audiences are taken inside a nightclub and immersed in a frantic, energy-fuelled production of dance, music, aerial movement and storytelling.

What you will receive for *Ready, Box Set, Go:*

- A pre-recorded performance of *Fall Out* accompanied by scripts and character breakdowns.
- An insight into Highly Sprung’s devising process. A set of energy-fuelled activities, exercises, and games will help students will learn different skills and techniques.
- A challenge for students to devise their own piece of work exploring the theme of mental health. Highly Sprung will guide teachers and students through the process - researching, understanding the topic and applying devising techniques they have learnt, all the while exploring their own creativity.



“THOUGHT-PROVOKING FROM START TO FINISH”

URBAN ASTRONAUT



The future. Earth is uninhabitable. Destroyed by environmental pollution. But could this devastation have been prevented? The Urban Astronaut, suspended in the air on a gravity defying flying machine, returns to present-day Earth to find out. On his journey, he meets a girl who gives him hope and shows him how the human race can avoid planetary destruction if it acts now.

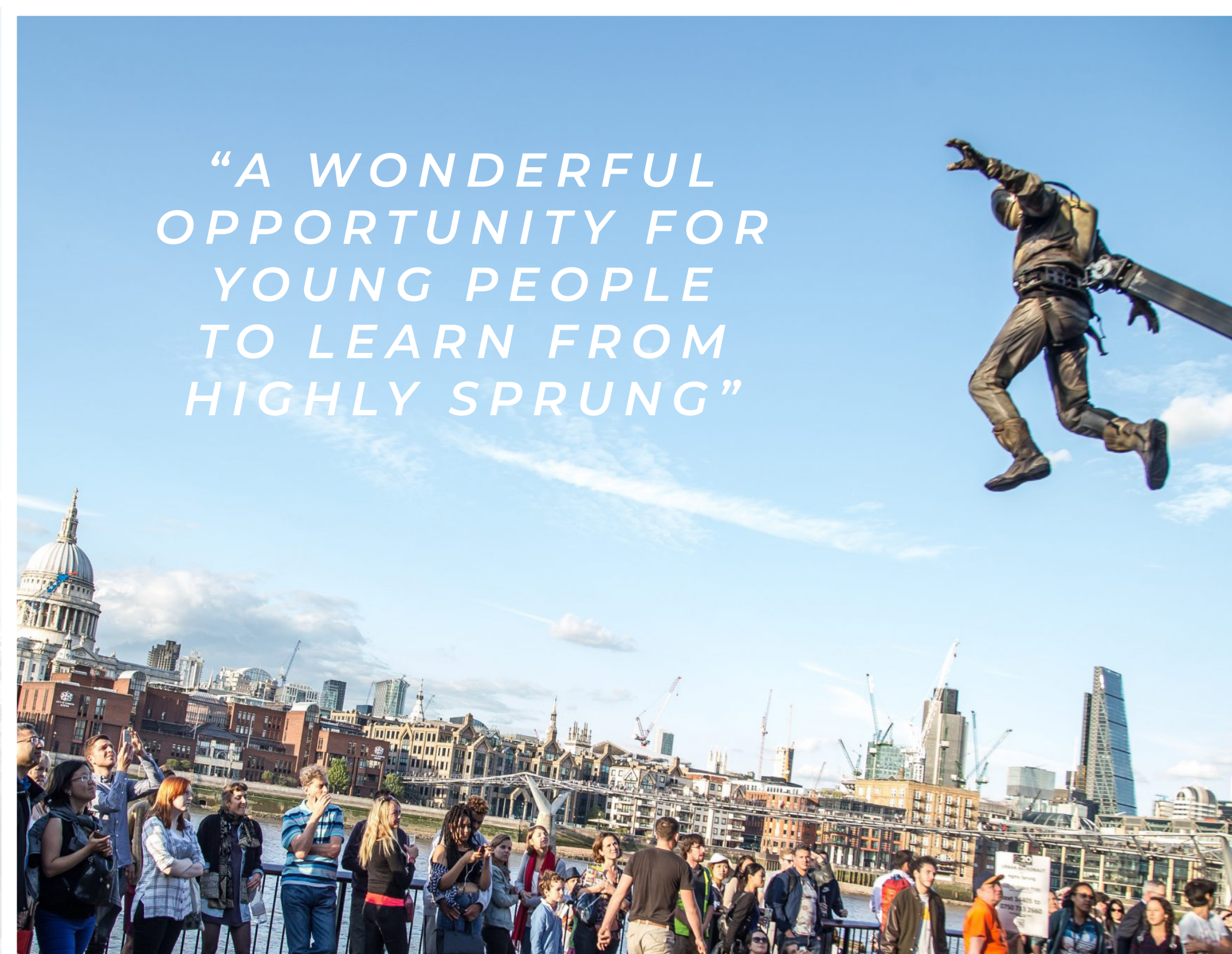
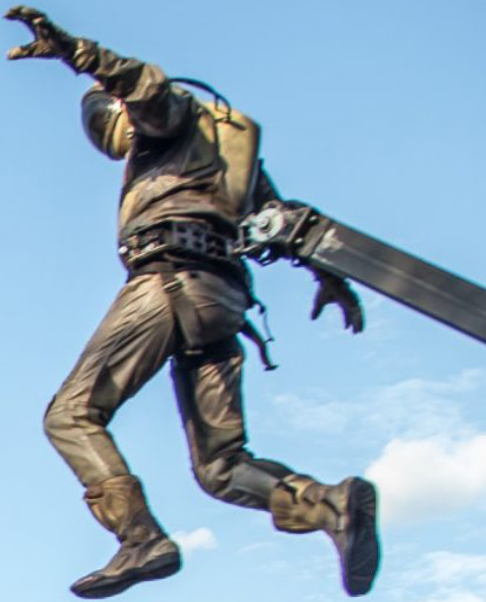
Urban Astronaut has toured across the UK and internationally, stunning audiences and inspiring vital conversations about the current climate crisis.

What you will receive for *Ready, Box Set, Go*:

- A pre-recorded performance of *Urban Astronaut*, along with an overview of the narrative.
- Activities exploring the devising processes, inviting young people to understand the creative realisation of this environmentally themed spectacle.
- An opportunity to digitally meet the director of the piece for an exclusive behind-the-scenes look.
- Challenges and exercises that explore duets, teach choreography from the production and enable students to create their own climate-inspired performance.



“A WONDERFUL
OPPORTUNITY FOR
YOUNG PEOPLE
TO LEARN FROM
HIGHLY SPRUNG”



PRICE LIST

FALL OUT BOX SET	£100
URBAN ASTRONAUT BOX SET	£100

If you are interested in purchasing a *Ready, Box Set, Go!* Box Set for your school, please get in touch with our Schools Liaison Officer Emily Robertson at emily@highlysprungperformance.co.uk.

You can find our website at www.highlysprungperformance.co.uk.

