

The **Physical Fellowship**

UNLOCKED

The Physical Fellowship is going online.

Unlocked is a project for you to get involved in and be part of this year's festival.

Following the outbreak of the Corona-virus, Highly Sprung was forced to cancel this year's Physical Fellowship, but rather than cancel the event entirely we've decided to take it online.

Unlocked is a week-long celebration of the creativity of young people during lock down, a challenge for you to unlock your imagination, free your mind and unleash your talent.

**Taking place across all social media platforms
June 29th-July 3rd**

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You're Invited...

The Physical Fellowship Unlocked is a new project by Highly Sprung - a response to the global COVID-19 pandemic. We are doing it because we know the important impact that the Physical Fellowship has on the young people that take part every year and because we can't imagine a year without the festival as an opportunity to offer the teenagers we work with a space to be creative.

Even though our schools have closed and life has changed because of the coronavirus we want to invite you to work with us to make this year's Physical Fellowship just as great as it always has been.

We are asking you to get involved by making a creative response on the theme of 'Unlocked'.

This pack will set you up to start making your response. You might choose to work on your own, with a group of friends (remotely) or even work with your teacher and classmates through school. We hope these resources help to inspire and generate ideas for you. We can't wait to see what you create.

We want to use this opportunity to make connections during this time of global crisis. We hope by all doing the project together we will better support each other and ensure that teenagers are still heard and seen to be creative during this time.

We think people should be listening to what you have to say... So get involved and **BE HEARD!**

Physical Fellowship Unlocked Online

Every day during the week of June 29th - July 3rd we will be sharing your work alongside throwbacks to performances from past years and work by other young people across all our social media:

Twitter (@highlysprung)

Instagram (@highlysprung)

Facebook (Highly Sprung Performance Company)

When you are posting your responses or talking about the festival, please tag us and use the project hashtag:
#PFUnlocked

Getting Involved

Make a creative response a **30 second - 1 minute video** or sound recording:

Step One: Think about the theme- Unlocked, what does it mean to you? What do you want to say about the theme, about your experience of lock down or your dreams of future freedom.

If you want to you can use the **Inspiration Bank** to select a story, inspirational quote, famous person's life story or even a piece of art work to inspire your response.

Step Two: Create your response.

Each week leading up to the festival Highly Sprung will be releasing a **video tutorial** to give you some ideas about how you might create your response.

You can either follow a video tutorial or create your own response.

Decide what you want to say and how you want to say it:

Write and perform some spoken word

Dance, move, express your feelings through body language

Sing

Play music

Take photographs

Draw or paint

However you choose to respond to the theme of Unlocked, record and share your ideas.

Step Three: Share your response.

Making a recording

Record your response to make a short piece of video, no more than 1 minute long.

Your video could be a performance, a poem, a scene, a piece of movement, a puppet show, an animation, a speech – anything!

Each video should be:

- About thirty seconds to 1 minute long
- A little piece of art – something considered and practised.
- Created only out of the things you have around you, don't use video or images that aren't yours.

Videos can:

- Be made alone or be a collaboration between you and your friends (working remotely).
- Include another person, so long as you have their permission to be recorded and they know they are part of this project.
- Be an expressive or unexpected response to the theme – the more individual, the better.

Videos should not:

- Be made up on the spot.
- Cause anyone any embarrassment or harm.

Things to think about when making your videos

| | |
|-------------------|--|
| Location | Use high-quality settings |
| Lighting | Don't muffle the mic |
| Camera angles | Speak clearly and slowly |
| Framing | Make it meaningful |
| Zoom | Have a relationship with the camera |
| Special effects | Leave a long pause before you start... |
| Keep it landscape | And after you finish |

Keeping Safe

These are the rules Highly Sprung has put in place for you to stay safe in line with our safeguarding policy. You should follow these rules when thinking about your response.

It's important when screen-recording that you:

- Don't reveal personal details about you or the person you're working with (e.g. surnames, user-names, phone numbers, addresses etc.).
- Don't feature images of people that you don't have permission to feature.
- Wear appropriate clothing.
- Keep yourself safe - don't share something that feels too personal, complicated or sad.
- Only include content that you feel comfortable sharing **publicly**.
- Do not include anything which has not been made as part of this project.

About The Physical Fellowship

Highly Sprung's Physical Fellowship is the UK's only physical theatre festival for young people. Since 2009 the festival has brought together nearly 400 young people each year, taking part in performances, workshops and master-classes.

The Physical Fellowship is a four-day festival including workshops with visiting internationally acclaimed professional physical theatre companies and showcasing performance created for the festival by young people from participating schools and youth groups working with Highly Sprung.

The week-long festival supports young people to find a voice and carve a space for themselves in their future. Creating provocative pieces of physical theatre fuelling passions for social action.

About Highly Sprung

Highly Sprung makes brave, beautiful and extraordinary theatre using movement to tell stories when words won't do.

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

We create outdoor and indoor performances that tell stories through movement, gesture and dance. Stories inspired by humanity, science, and the complex world around us.

We also train artists in physical theatre and run projects in primary and secondary schools here and across the world.

The Physical Fellowship

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For more information visit our website:

www.highlysprungperformance.co.uk

or follow us on social media

Have fun making your response!

We can't wait to share your work as part
of the online festival

June 29th- July 3rd