



Hello and Welcome to Light UP LAMDA

Please find below some screenshots of the material you can access as a member. Please note that there are two tiers of membership - Silver and Gold. Please visit www.lightupdrama.org.uk/lightuplamda for a description of what is included at each level.

The screenshot shows the website's navigation bar with the 'LIGHT UP' logo, social media icons, and buttons for 'BOOK A FREE TRIAL' and 'PARENT PORTAL'. Below is an orange navigation menu with links for 'HOME', 'OUR CLASSES', 'LIGHT UP ONLINE!', 'PARTIES', 'SHOP', 'LIGHT UP LAMDA', and 'CONTACT'. The main content area displays a 'Light UP LAMDA Resource Bank' with a search bar and a table of resources.

Name	Owner	Last modified
Business & Teaching	Rosanna Sloan	Feb 27, 2020
Mime	Rosanna Sloan	Feb 27, 2020
Shakespeare	Rosanna Sloan	Feb 27, 2020
Verse & Prose	Rosanna Sloan	Feb 27, 2020
Acting	Rosanna Sloan	Feb 27, 2020
Welcome to the Light UP LAMDA Resource Bank!	me	Mar 24, 2020

The footer contains the text 'Light UP is a trading name of Unexpected Places Limited' and social media icons for Facebook, Twitter, and Instagram.

These screenshots are an indication of what is included and how you navigate the website. Take a look at the contents on the right hand side of the documents for more of what's included.



BOOK A FREE TRIAL

PARENT PORTAL



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Acting			Search this folder
Name	Owner	Last modified ↓	
GB Practitioners Information	Rosanna Sloan	Mar 11, 2020	
Notes & Guidance	Rosanna Sloan	Feb 27, 2020	
Games, Exercises and Activities	Rosanna Sloan	Feb 27, 2020	
Guidance from LAMDA & Mark Scheme	Rosanna Sloan	Feb 27, 2020	
Workbooks	Rosanna Sloan	Feb 27, 2020	

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Grade Six Acting Workbook- NEW

File Edit View Insert Format Tools Add-ons Help See new changes

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Editing

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Piece One
Glossary
Top Tips to Learn Your Words
The Secret Code!
CONGRATULATIONS!
Repetition
Top Tips
Objectives
Snow White
Pinocchio
— Romeo & Juliet
Vocal Anatomy
Breathing Exercises Log
Piece Two
Working Stage Areas
Knowledge Section
What is your character's obje...
What is your character's role ...
What is your character's obje...
What is your character's role ...
Top Tips for Speaking to the ...
Introducing Your Pieces
Mark Scheme
Am I ready to take my exam?
Mock Exam
Piece Two:
Knowledge Section:

Breathing Techniques

There is no voice without breath. Don't believe me? Go on try to make a sound without any breath coming out.... See?

Breathing is something we do everyday, without even thinking about it. However when you are training as an actor you need to consider your breathing technique for multiple purposes.

- 1.) To ensure that you have enough breath to be able to speak the whole of the sentence clearly until the end
 - a.) You don't want your voice to become quieter and quieter as your speaking a sentence because you've run out of breath, or have to take another breath mid sentence which may affect the flow, meaning or emotion of the text
- 2.) To ensure you have enough breath to work with your diaphragm to project your voice so the audience can hear you
 - a.) Your diaphragm needs the support of your breath to ensure it can work with your vocal anatomy to project your voice appropriately for the space you are in
- 3.) To consider how you can use breath to create emotion or show the emotional state of the character
 - a.) For example, think of a character who is very upset - their breathing will be quite short and shallow, where as an angry character's breathing might be quite long and deep. You can manipulate your breath to show varying emotions through how you speak your text
- 4.) To control your breath to achieve all of the above, whilst keeping nerves at bay!

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Grade Six LAMDA Acting Workbook

Grade Six Acting Workbook- NEW

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Piece One
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Top Tips for Speaking to the Examiner

It really is great that you know what questions you are going to be asked before you go into the exam, but it is important that when you answer the questions you don't sound like a robot! Practice your answers, but not so much that it sounds like you are reciting the answer. Instead you might find it useful to bullet point your answers closer to the exam, and remember those key points to answer their question in a much more fluent and spontaneous way. Here are some more top tips:

- Look at the examiner – eye contact is important when speaking to someone
- Make sure you can be heard clearly and audibly
- Make sure you listen to what the examiner asks you, they may have a little conversation with you about your answer
- Take a deep breath before answering if you are nervous
- Don't be afraid to ask the examiner to repeat their question if you don't hear what they have asked
- When you leave your exam, thank the examiner for their time or for listening to you - everyone likes a polite student!

Introducing Your Pieces

Great! So you know your pieces off by heart, and you know how to answer the questions, and you are doing your best acting! There is just one more thing. You need to introduce each of your pieces BEFORE you perform them.

You have to give a 30 second introduction that includes the following information:

- Plays title
- Author
- The character you are playing
- Outline the context of the extract

Please write your introductions below. You need to practice your introductions, just as you practice your pieces to ensure a confident and 'present' performance.

Piece One -

docs.google.com/document/d/1h17U11Ng_Skuu_Bn4KjPBxXkYrYWWVeaJe9NDWw/edit

Grade Two Acting Workbook -Light UP LAMDA

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Piece Two
What do the characters look l...
What do the characters look l...
Glossary
Top Tips to Learn Your Words
The Secret Code!
CONGRATULATIONS
Top Tips
Repetition
Knowledge Section
How do the other characters f...
What is happening in the piec...
Where does your piece take p...
How do the other characters f...
What is happening in the piec...
Where does your piece take p...
Introducing Your Pieces
Mark Scheme
Am I ready to take my exam?
Mock Exam
Piece Two:
Knowledge Section:

Top Tips to Learn Your Words

Learning your words can be tricky, which is why it is best not to leave it to the last minute to learn them! Below are some tips that might help you learn your words. Everyone learns differently so try them out, and pick the one that works best for you.

The Secret Code!
This is a writing based method that, for some, helps the words get into your brain a little quicker. What you need to do is take a line and then write out the first letter of each word with the correct punctuation to create a secret code.

Here is an example:

LINE: Hello, how are you Ellie? Do you remember where you left my trainers?

SECRET CODE: H hayE? Dyrwymt?

Make sure you keep the punctuation and capital letters in!

Once you've written your code, you then need to read the line and then look at your code and see if you can remember your line by only looking at the code. Keep going until you have a 'chunk' and then only look at the code and see what you can remember. If you've done it - great! Sleep on it, go back to the code the next day and see if you can remember it just by using the code. If not re-read the extract and then look back to the code again.

- 1.) Write your lines out in secret code
- 2.) Try to say your line by only looking at the secret code
- 3.) If you can remember it, great! Have a little break and then repeat step 2
- 4.) If you can't, don't worry! Read the line from your piece again, and then try step 2 again.
- 5.) Keep going with more lines and a bigger chunk.
- 6.) Sleep on it.
- 7.) Next day try to remember your lines by only looking at the code, if you can, great move to step 9
- 8.) If you can't don't worry! Repeat step 4.
- 9.) Now try to lift your eyes off the page as much as you can as you remember your lines.
- 10.) Repeat the earlier steps as often as you need, until finally you don't need to look at the piece of paper to remember the words.

docs.google.com/document/d/1sqAKwA2g11RjMpgdkR55FbQa6-yODgri8uY-c6Q/edit

LAMDA Exam Teacher Training Pack

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New Syllabus

Every 5 years LAMDA reissues their anthologies for their courses. At this time the assessment criteria is also changed. The good news is that all the pieces from old anthologies can be picked as 'own choice' pieces. It is also means that us teachers don't get bored doing the same pieces all the time, although more prep work is needed to feel confident about the new monologues and duologues, and to become familiar with any larger syllabus changes.

Please see Changes from Previous Syllabus - p 14 of Examinations Syllabus

Most significant changes:

- Set pieces all changed
- Periods for selecting scenes has changed (medals)
- A new question for Grade 6 - explanation of breathing techniques
- Working stage areas question moved to Grade 4
- Practitioners changed for Grade 8 (but still include Stanislavski)

How feedback is given has also changed. After listening to some feedback from teachers, the mark sheet will now match the Assessment criteria, with a larger space for specific focused feedback.

Solo / Duo / Combined

For Grades 1-5 learners have the option to take the Acting exam as a Solo, Duo or Combined Exam. Personally, I love combined exams (if teaching 1-1 or 1-2), however it does depend on the format that you are teaching.

For Grade 6-8, learners have the option to take the Acting exam as a Duo or Solo.

There are also introductory grades and entry level grades.

Choosing pieces

For Grade 1 - 5

Solo / Duo / Combined

Choosing pieces

LAMDA Exam Teacher Training Pack

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Vocal Warm Ups

There is no voice without breath, the following exercises help to draw attention to your breathing and start to allow you to think where you can control it.

- Breathe in and then exhale with a yawn - stretching into the body
- Breathe in for 10, out for 10. Then speak 10,9,8. Etc on the outbreath. Aim for all air to be gone by 1.
- Breathe in for 10, and then release the breath with a 'zzz' sound, encourage all the breath to leave the body so it feels uncomfortable, allowing your body to take in a nice in-breath naturally. Repeat with a 'sss' sound.
- Breathe in a squat position, and then encourage them to move into different positions, where is it restricted and where is it free?
- Breathe in and on the outbreath hum - repeat a few times and then move on.

Tongue Twisters: (sticks)

- o Toy Boat, Toy Boat
- o The Big Black Bug Bit the Big Black Bear and the Big Black Bear bled Blood
- o A pretty pink petticoat
- o Feel the voice flow freely through the throat
- o Big, bad, bold, brilliant Brown
- o Three Free Throws
- o To sit in solemn silence in a dull dark dock
- o She says she shall sew a sheet

- Chewing gum - pretend to chew a piece of gum, making lots of noises and using

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tongue around the mouth too to warm up facial muscles. Change the taste of the gum to nice/nasty - get them to tell us what flavour. They can take it out and swap with a partner (they love the gross stuff!) blow bubbles, and make the sound of it popping to warm up.

- Finger moves around as they make a buzzing sound like a fly. Every time the fly lands somewhere they need to poke their tongue out like a frog to try to catch the

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Videos of Performances	Rosanna Sloan	Feb 27, 2020
Duologue Choices	Rosanna Sloan	Feb 27, 2020
Monologue Choices	Rosanna Sloan	Feb 27, 2020

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Helena dramatic monologue.pdf	Molly Adams	Mar 9, 2020
Portia dramatic monologue.pdf	Molly Adams	Jan 25, 2020
Phebe monologue.pdf	Molly Adams	Jan 25, 2020
Lady Macbeth dramatic monologue.pdf	Molly Adams	Jan 25, 2020
Juliet dramatic monologue.pdf	Molly Adams	Jan 25, 2020
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Heate dramatic monologue.pdf	Molly Adams	Jan 25, 2020
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