

Jumping

A Frantic Assembly Style Drama Exercise

This exercise was used by the Company on the first day of rehearsals. It's very physical and fun.

Ask the group to stand in evenly spaced rows and columns, forming a grid.

Play some music with a clear, regular beat.

Row-by row, starting with the front, each row jumps eight times in time to the music and on your count.

On their 8th jump, everyone in the row should simultaneously turn 180 degrees to face the row behind.

Each successive row follows this pattern in turn, starting their jumps on the first count of the next 8.

You may want to re-start this a couple of times, giving the group a chance to reflect on how to improve the uniformity of their jumping.

When the back person turns on the eight jump, they immediately start the process again, this time jumping for six and turning 180 degrees on the sixth jump.

The process continues with the whole group turning row-by-row on fourth, second and finally first jumps.

To make the routine more complex, repeat the whole process, this time asking the group to add in gestures or other moves on the second and fourth jumps, each time their row is jumping.

Ask the group to reflect on the skills they are using to make it work.

