**Warm-up Routine Assignment Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Theatre Arts I**

**Perf Date \_\_\_\_\_\_\_\_**

**Design a warm-up routine that includes exercises designed to fulfill the following objectives. The routine must be at least 3 minutes and no more than 8 minutes.**

1. **Relaxation**
2. **Physical warm-up**

**3. Vocal warm-up**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **4**  **Excellent** | **3**  **Good** | **2**  **Okay** | **1**  **Nds Improve.** |
| **Were the instructions clear and easy to follow?** | **1** |  |  |  |  |
| **Did the instructor project and articulate?** | **1** |  |  |  |  |
| **Did the instructor lead with energy and conviction?** | **1** |  |  |  |  |
| **Did the order of the exercises make sense and flow well?** | **1** |  |  |  |  |
| **Was the routine effective in relaxing you?** | **1** |  |  |  |  |
| **Was the routine effective in warming you up physically?** | **1** |  |  |  |  |
| **Was the routine effective in warming you up vocally?** | **1** |  |  |  |  |