

## Clip: Backstage

### Episode 6: Perfection

#### Activity: Time Calls

#### Theme: Dance Knowledge

#### Elements of dance: body, space, time, dynamics, relationships

In professional theatre, there are often multiple performers who are not needed on stage all the time. In order to ensure that performers know when they are required, a call sheet is created and attended to by the stage manager or assistant stage managers. The stage managers will walk to the dressing rooms assigned to various performers and give them a half hour call, a 10-minute call, and a five-minute call. At the five-minute call, performers generally make their way side stage, to be ready for their entrance.

1. As a class, view the clip, *Backstage*, and discuss the preparations dancers make prior to their performance. Some of these preparations are seen, and some are unseen. Have students note the multiple entrances and exits of the dancers in the clip.
2. Ask students to imagine themselves in the principal dancer's role preparing for a performance. Have students use the **Student Activity Sheet E6.6: Performance Call Sheet** to decide what they might be doing at a certain point prior to a performance. They should consider the physical and emotional needs of the performer, pre, during and post-performance.
3. As a class, compare and contrast the students' answers. Ask students to consider the differences from the perspective of different dance styles, or performance modes. They should evaluate how their preparation changes given a different style of dance.

#### Download

Student Activity Sheet E6.6: Performance Call Sheet

#### Useful resources

- [Ausdance Factsheet 11, Producing a dance performance](#)
- [Ausdance Factsheet 13, Safe spaces for dance](#)
- [Ausdance Factsheet 7, Safe dance floors](#)
- [Ausdance Factsheet 18, Occupational health safety for the dance industry](#)

NAME: .....

Student Activity Sheet:  
Activity:

E6.6  
Time Calls

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## Performance Call Sheet

You are performing tonight in an 8.00pm show. You are the principal dancer and you will be needed on stage for your first entrance at 8.15pm sharp.

In the table on the next page, describe in detail what you would do throughout the day and up until 8.15pm, to ensure that as you walk out onto the stage you are at your best.

Include elements such as:

- Putting your costume on
- Getting your makeup on
- Any physio/health appointments
- Any workouts/classes/rehearsals
- The specific foods you will eat
- Warming up
- Being ready at the side of the stage
- Rest/time to self

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9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
Post Performance	