

# DIGITAL THEATRE+

LESSON PLAN



## THINGS I KNOW TO BE TRUE

BY ANDREW BOVELL

A FRANTIC ASSEMBLY PRODUCTION

LESSON PLAN LENGTH: 60 MINUTES

### LEARNING OBJECTIVES

**By the end of this lesson, students will be able to:**

- Demonstrate an understanding of the social, cultural and/or historical context of a chosen stimulus
- Practically explore a performance text and the work of a specific theatre company to demonstrate their knowledge and understanding of drama
- Understand the role of the director and the creative process
- Develop an informed and personal response to the text and subsequently maintain this through a critical writing style

For standards alignment, please refer to the end of the lesson plan.

**To teach this lesson, you will need the following resources found in your toolkit:**

- [An Introduction to Frantic Assembly by Aleks Sierz](#) (Get students to read this in advance of the lesson)
- [Video – An Introduction to Physical Theatre with Scott Graham](#)
- [Video – A Frantic Assembly Warm Up](#)
- [Video – An Interview with Scott Graham](#)
- [Things I Know To Be True Comprehensive Guide](#)

**Plus:**

- A small, soft ball

### EXERCISE 1

## UNLOCKING THE CONCEPT

- Gather your students into a circle and explain that you will begin the exercise by throwing the soft ball at one of them, speaking their name at the same time and then saying – ‘Things I know to be true are...’ The recipient of the ball must then say a few simple things that they believe to be true. Encourage the students to be as personal as they feel they can be.
- Once all of the group has shared something, do the exercise again and introduce the concept of ‘family’. Each person has to use family to frame their answer.



ESTIMATED TIME:  
**15 MINUTES**

This exercise invites participation and immerses the students in the emotional landscape of the play.

### EXERCISE 2

## FRANTIC ASSEMBLY FACT FILE: SHOW AND TELL

- Invite the group to get into pairs labelling themselves as either A or B. A has 30 seconds to tell B 10 facts about Frantic Assembly (that they can remember from the [Introductory Essay](#)). Once the 30 seconds is up, B should do the same. Once this is complete, gather the group into a circle. A must now recall and present the information that they heard B share and B must do the same.
- Next, separate the students into groups of 5. Give them 10 seconds to come up with 5 freeze frame images that they feel depict Frantic Assembly’s work – 10 seconds per image. Then ask them to select one of their images and nominate someone from the group to step out of the image and talk about it in relation to Frantic Assembly’s methodology.



ESTIMATED TIME:  
**15 MINUTES**

This exercise deepens the students’ understanding of the methodology of a particular practice and encourages them to use their imagination.

### EXERCISE 3

## AN INTRODUCTION TO PHYSICAL THEATRE AND *THINGS I KNOW TO BE TRUE*

- Play for your students An Introduction to Physical Theatre with Scott Graham (4 min 47 sec).
- Then play An Interview with Scott Graham (11 min 41 sec).



ESTIMATED TIME:  
**15 MINUTES**

This exercise will introduce the group to the working practice of the show's director and engage them with his creative process.

### EXERCISE 4

## HUGS EXERCISE: BUILDING BLOCKS

- Follow the instructions on pages 36 and 37 of the *Things I Know To Be True Comprehensive Guide* and lead your students through each stage of the exercise.
- Once complete, gather them into a circle and repeat exercise 1 of this lesson plan.



ESTIMATED TIME:  
**15 MINUTES**

This exercise will encourage students to develop a personal response to the methodology and the piece as a whole.

### NCAS Theatre Proficient

- 3b. Explore physical, vocal and physiological choices to develop a performance that is believable, authentic, and relevant to a drama/theatre work.
- 5a. Practice various acting techniques to expand skills in a rehearsal or drama/theatre performance.
- 11.2a. Research how other theatre artists apply creative processes to tell stories in a devised or scripted drama/theatre work, using theatre research methods.

### NCAS Theatre Accomplished

- 4a. Discover how unique choices shape believable and sustainable drama/theatre work.
- 5a. Refine a range of acting skills to build a believable and sustainable drama/theatre performance.

### NCAS Theatre Advanced

- 4a. Apply reliable research of directors' styles to form unique choices for a directorial concept in a drama/theatre work.
- 4b. Apply a variety of researched acting techniques as an approach to character choices in a drama/theatre work.
- 5a. Use and justify a collection of acting exercises from reliable resources to prepare a believable and sustainable performance.

For further resources to help you teach *Things I Know To Be True*, including our [full-length production](#), [Play Text](#) and [Comprehensive Guide](#), visit [www.digitaltheatreplus.com](http://www.digitaltheatreplus.com)

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[BBC Production](#)

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**By William Shakespeare**

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**And more!**

### QUESTIONS

1. Who founded Frantic Assembly?

2. Which West End hit did Frantic Assembly contribute to?

3. What is Frantic Assembly's mantra?

4. What special anniversary have Frantic Assembly recently celebrated?

5. What is the name of Frantic Assembly's innovative training programme?

6. What theatre technique is at the root of Frantic Assembly's work?

7. Which three pieces did Frantic Assembly create in association with playwright Bryony Lavery?

8. Name the Shakespeare play that Frantic Assembly adapted.

### ANSWERS

1. Who founded Frantic Assembly?  
**Answer: Scott Graham and Steven Hoggett**
2. Which West End hit did Frantic Assembly contribute to?  
**Answer: *The Curious Incident of the Dog in the Night-Time***
3. What is Frantic Assembly's mantra?  
**Answer: Always forward, never back.**
4. What special anniversary have Frantic Assembly recently celebrated?  
**Answer: 25th**
5. What is the name of Frantic Assembly's innovative training programme?  
**Answer: Ignition**
6. What theatre technique is at the root of Frantic Assembly's work?  
**Answer: Devising**
7. Which three pieces did Frantic Assembly create in association with the playwright, Bryony Lavery?  
**Answer: *Beautiful Burnout*, *Stockholm* and *The Believers***
8. Name the Shakespeare play that Frantic Assembly adapted.  
**Answer: *Othello***



- What is the most crucial thing to understand about Frantic Assembly's style?
- Frantic Assembly is known for using a particular set of techniques, name a few of them.
- Physical Theatre has had a huge impact on how directors and performers present their work. Name some of the most famous and impactful practitioners in this field.
- How can non-verbal physical communication determine onstage relationships?
- Describe an example of when a physical action is stronger than words.