



# PUSH TO SHOVE

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## WORKSHOP PACK



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**Lincoln  
Performing  
Arts Centre**

**[pushtoshove.co.uk](http://pushtoshove.co.uk)  
@PushToShoveTC**





“Passionate, articulate,  
talented and abundantly  
creative.”

-Workshop Testimonial

## LITERARY WORKSHOP

We offer workshops that help students explore literary texts with a new perspective. We use physical theatre to help young people understand the narratives and characters of various literary texts found on the national English curriculum.

The workshops allow students to explore the texts using physicality. In breaking down the difficult language that is associated with classic literature, we aim for students to discover how movement can help dissect and investigate dialogue, motivations and plot. It also gives students another frame of reference when sitting curriculum exams.

**Credits:** *Dracula* by Bram Stoker, *Romeo and Juliet* by William Shakespeare

## PHYSICAL THEATRE WORKSHOP

In these we focus on using physical theatre as a devising technique and on the devising techniques we use as a company to create our work. These workshops can be catered to a specific stimulus provided by you or using our past work to help young people explore the themes.

These workshops have found particular success in Key Stage 4/5 with students working towards devising assessments.

# WORKSHOP OVERVIEW

Engagement and participation are an integral part of Push To Shove's devising process as it allows us the opportunity to connect with our audience and inspire discussion.

- We use devising techniques to explore the main themes that are present in our shows, for example in *Between You and Me*, we experiment with themes such as loss, separation and moving on.
- We give young people the opportunity to explore physical empathy and how to show a variety of emotions with their bodies.
- We believe that young people rely heavily on technology and because of it are losing the ability to show empathy and feelings through physical interaction.

Over the course of our workshops we aim to give participants the tools to explore new ways of expressing themselves and the way they feel using themes that are relevant to their age group. Our workshops can be catered to any age range, having particular success with students or young people at the end of education who are starting the next chapter of their lives.

## ABOUT US

We are a new and thriving physical theatre company based in Lincoln who create work that is physical, suggestive and visceral.

As a company we believe that movement communicates social behaviours that are indistinguishable through dialogue, so our work focuses on using the body as a narrative tool to develop and express 'physical empathy' – a social skill that is becoming more and more overlooked due to our growing reliance on technological communication.

With this ethos as our foundation, we have provided workshops in colleges and schools across the UK since 2016.

We invest in stories (any stories), then readjust them.

Push to Shove Theatre are four physical theatre practitioners based in Lincoln with one common aim: To (re)capture moments.

We unearth gestures, thoughts, mannerisms that, when partnered with words, can often go amiss.

Our theatre immerses you in a world where physical language surpasses words;  
Become inquisitive, Be focused, Feel challenged.



“Fantastic ideas, great help to our work and introduced us to the basics of physical theatre.”

-Lincoln College Performing Arts Student

## PRICE LIST + DURATION

2 hours - £250

4 Hours - £450

Full Day - £495

Full Day + 10/15 Minute

Performance - £550

Full Day + performance of current show: *Between You and Me* - £660

All prices incl. Travel



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“The students are using the skills and techniques gained through Push To Shove’s sessions to devise new material. Their knowledge and understanding of physical theatre is evident throughout their work. They are passionate, articulate and abundantly creative. The students have responded positively to Push To Shove’s input and have engaged well with their style of facilitation.”

-Adam Slepowronski, Lecturer, Lincoln College



OUR CURRENT SHOW...

# BETWEEN YOU AND ME

Meet Dan and Jess. Childhood Friends. Flatmates.

Dan is happy, comfortable with his life.

Jess is ambitious. She wants to go further. Further away.

*Away from Dan.*

Dan and Jess have been through everything together but all that's about to change.

*Between You and Me* uses a vibrant mix of storytelling and physical theatre to explore how two life-long friends learn to cope when adult life threatens to separate them.

Push To Shove have made this work to speak to a specific audience of young adults, as it explores themes of friendship, social dependency and becoming an adult.

## CREDITS & CONTACT

*BETWEEN YOU AND ME*

DEvised AND WRITTEN BY: The Company

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