



### Curriculum Relevance:

**PDHPE:** Growth and Development - Lifestyle Choices - Active Lifestyle - Personal Health Choices.

**Healthy Eating + Exercise = Energy.**

Colourful props, hand puppets, marionettes and heaps of humour are all combined in this very visual comedy to get across the important messages of healthy eating and lifestyle.

Karina has a show to produce about healthy eating and exercise. Dressed in her brightest artificial colours and desperate to play a part, Lolly-Pop shows up to audition. Using all their powers of negotiation Karina and her wacky assistant, Stage Hand, have to balance out the content of the show. The fresh fruits and vegetables are overjoyed with their starring roles but convincing the refined sugars they can only make a brief appearance is more of a challenge.

Karina has her work cut out for her, firstly finding all the acts she needs and then getting them to work together. Super Banana is ready to split when he finds out that Top Banana wants to fire him out of a cannon. On the food pyramid each food group is shown the role they have in a healthy balanced diet and are allotted time in the review accordingly. Just when it looks as if the show will come to a halt because neither Karina nor Stage Hand can find an act to cover water and exercise, Tap Dancer comes rap dancing to the rescue.

This colourful marionette cabaret is all set to toe tapping music and each of the puppets does something unexpected to astonish, amaze and of course promote a healthy lifestyle.

**What others have said:-** Great show! Students were engaged and excited the whole time. The performer was enthusiastic and excited. She really engaged well with all ages.

*Melissa Wales. K to Year 6. Whitsunday Christian College. QLD.*

Excellent Marionettes. Well executed. Students had a great laugh while learning the need for healthy eating and exercise. *Christine Cook. Walpole Primary School. WA.*

**Price:** \$6.00 per student (GST incl.).

**Suitable:** Preps, K to Year 6.

**Minimum Audience Size:** 130 students.

**Times:** Show: 50 minutes. Set up: 60 minutes. Pack up: 60 minutes.

**Requires:** an indoor performing area 6m deep x 5m wide and 3m high.



*School Performance Tours*

*19 Shirlow Street Marrickville NSW*

*Ph 02 9516 1613 or toll free 1800 221 509*

*ABN: 40 4567 242 554*

*bookings@schoolperformancetours.com.au*

*www.schoolperformancetours.com.au*

