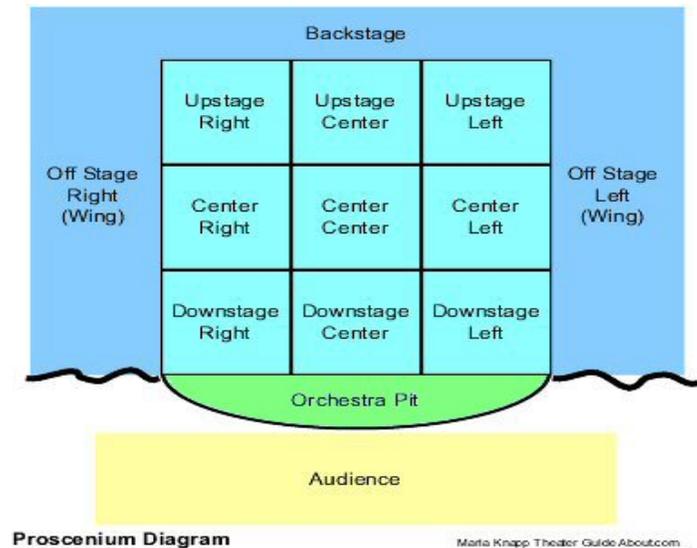


## On Broadway Study Guide

- Broadway is the street in New York that has come to symbolize live theater entertainment throughout the world.
- Broadway theatre is usually a play or musical presented in one of thirty-nine large professional theatres in the Theatre District located in Manhattan in New York City.
- The longest running musical on Broadway is *Phantom of the Opera*.
- Broadway shows typically have evening performances Tuesday through Saturday with a 7pm or 8pm “curtain.” “Curtain” refers to the start of the show.
- Matinee performances occur during the afternoon.
- Named for Antoinette Perry, the Tony Awards recognize excellence on Broadway.

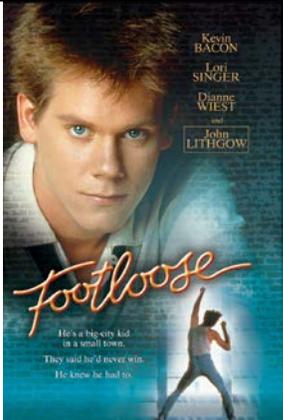
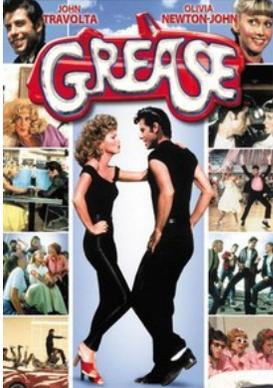
### Stage diagram



**Note:**

- Stage Right is the dancer’s right as the dancer stands on the stage facing the audience.
- Stage Left is the dancer’s left as the dancer stands on the stage facing the audience.
- Was called downstage because stages were once slanted down for the front row to see better.

Fitness Components	
Cardiovascular Endurance-the ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles.	Flexibility-the ability to move a joint through normal range of motion
<b>Benefits of good Cardiovascular Fitness:</b> <ul style="list-style-type: none"> <li>Stronger and <b>more efficient heart</b></li> <li><b>Lower heart rate</b> at rest, during exercise, and recovery</li> <li><b>Lower blood pressure</b> at rest, during exercise, and recovery</li> <li><b>lower cholesterol</b> (lower total, raise HDL)</li> <li><b>Improved body composition</b>, burn fat</li> <li>Improved <b>ability to perform work</b>, faster recovery</li> <li>Maintenance of a <b>healthy heart</b> and cardiovascular system</li> <li>Reduced risk of health related issues (e.g. diabetes, heart disease, etc.)</li> </ul>	<b>Benefits of good Flexibility:</b> <ul style="list-style-type: none"> <li>Improves physical and athletic performance</li> <li>Decreases the frequency and severity of injuries</li> <li>Decreases muscle soreness and recovery time</li> <li>Joint health – insures long term benefits of mobility</li> <li>Improves posture and prevents low back pain and injuries</li> <li>Relaxation and stress management</li> </ul>

Musical	Premiered	General Information
 <p>What a Glorious Feeling <b>SINGIN' IN THE RAIN</b> MGM's <i>TECHNICOLOR</i> MUSICAL TREASURE!</p>	<p>1952 comedic musical &amp; film</p>	<ul style="list-style-type: none"> <li>- musical film that takes place in Hollywood at the beginning of the Sound Era (1927-1928).</li> <li>- The musical is based on the movie industry's awkward transition from silent pictures to sound or "talkies."</li> <li>- Dance characteristics in Singin' in the Rain include 20's dance moves such as the Charleston and flapper moves that were very energetic.</li> <li>- In the most famous scene, Don is singing and dancing in the rain with an umbrella and splashing in the puddles.</li> </ul>
 <p><b>HIGH SCHOOL MUSICAL</b></p>	<p>2007 on Television</p>	<ul style="list-style-type: none"> <li>- The plot begins with the East High Wildcats discussing plans for summer break.</li> <li>- Troy is stressed out about paying for college and decides to get a summer job with all of his friends at Lava Springs, which is Ryan and Sharpay's family country club.</li> <li>- While everyone else is working, Sharpay is working to break up Troy and Gabriella.</li> </ul>
 <p><b>HAIRSPRAY</b> Travis... Puffin... Williams... ... ... ... Lil' Kim... ... ... ... ... ... ... ... ...</p>	<p>2007 Musical Film</p>	<ul style="list-style-type: none"> <li>- Hairspray is a musical based on the 1988 film Hairspray.</li> <li>- The setting is Baltimore, Maryland in 1962.</li> <li>- Tracy Turnblad, a plump girl with big hair and an even bigger heart, has a passion to dance. She dreams of being on the Corny Collins Show.</li> <li>- Dance characteristics included the Pony, Mashed Potato, Hand Jive, and the Madison (a complicated line dance.)</li> </ul>
 <p>Kevin BACON Lyle SINGER Dianne WIESE and John LITHGOW <b>Footloose</b> He's a hip city kid in a small town. They said he'd never win. He knew he had to.</p>	<p>Musical in 1998  Based on 1984 film  Film Revival in 2011</p>	<ul style="list-style-type: none"> <li>- Footloose the musical is based on Ren McCormack and his family moving from big-city Chicago to a small Midwestern town</li> <li>- In this town, Rock music and dancing was banned due to a tragedy</li> <li>- Ren brought the town back alive by reintroducing rock music and dance as a healthy way to express themselves.</li> </ul>
 <p>JOHN TRAVOLTA OLIVIA NEWTON-JOHN <b>GREASE</b></p>	<p>1972</p>	<ul style="list-style-type: none"> <li>- Grease is a musical about America's change from the conservative 50's to the sexual revolution and individualistic 60's.</li> <li>- The musical takes its name from the working-class youth subculture, the greasers.</li> <li>- The musical takes place at fictional Rydell High School in Chicago, Illinois.</li> <li>- Dance characteristics include 50's dance moves- the Hand Jive, the Bop, the Hop, and the Stroll.</li> </ul>