

“BODY TALK!”

Show Outline

I. Introduction of the Show

- a) Introduction of performers and brief overview of topics to be covered in the show.
- b) The audience will be divided into teams A & B and a volunteer teacher will be asked to serve as the team captain.

II. FIRST SKIT: “Work it Out”

- a) Bianca the aerobics instructor extraordinaire is conducting her aerobics class. The school athlete, Rodney discovers it’s not so easy keeping up with Bianca because he has not been physically active during his off-season.
- b) We will request Team A captain to choose one girl volunteer to join them on stage and Team B captain to choose one boy volunteer to do the same to participate in the first part of this skit. They will be members of the aerobics class and will mimic the exercise moves of the instructor Bianca. This skit will cover the basics of the circulatory system, muscle development, and the benefits exercise has on the heart and lungs.

III. SECOND SKIT: “You Are What You Eat”

- a) Cleo is reminded of the importance of eating a balanced diet. Her pediatrician father gives her a lesson in digestion.
- b) This skit takes place at the breakfast table before school between father and daughter. Cleo has an upset stomach and her father who is a pediatrician reminds her of the importance of a balanced diet. The digestive system and its functions are discussed in this skit. Volunteers from teams A & B will be called upon to help demonstrate dad’s lesson to Cleo.

IV. THIRD SKIT: “You’re Getting On My Nerves”

- a) Cleo is at school and is unprepared for the science test. Edwin the class geek makes a deal with her; helping her get an A on the test for a date with her to the school dance. The nervous system and its functions are covered in this skit. The school geek quizzes Cleo and teams A & B throughout the duration of the skit. Teams will be called on at various times to answer basic questions and accumulate points for correct answers.

SOURCES OF INFORMATION USED IN SHOW:

kidshealth.org, sciencebob.org, wikipedia.org, “The Human Body” by Luann Colombo, freewebs.com, www.ks.uiuc.edu/Research/CG/rbcg.html, health.howstuffworks.com,

V. FOURTH SKIT: “You Make My Heart Skip A Beat”

- a) The class geek and Cleo are at the school dance. However, it seems the class geek thinks they are still in class.
- b) The Circulatory system is covered at length in this skit. This skit will continue to utilize teams A and B for input.

VI. FIFTH SKIT: “I’m All Broken”

- a) Rodney goes to the doctor with a hurt arm and soon discovers he will be on the bench a little longer than expected.
- b) This skit takes place in the doctor’s office. Rodney discovers his arm is broken and his doctor breaks down the basics of the skeletal system and what will happen as his arm heals.

VII. SHOW WRAP-UP

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