

# THINK FEET FIRST.



## STEP, CYCLE, SCOOT TO SCHOOL

**Educational Theatre Show for  
Kindergarten to Year 4**

In this hilarious educational theatre show, your students will help Sleepy Sid learn about the benefits of using his feet to get to school by stepping, cycling or scooting.

Sleepy Sid always sleeps in, and is always running late for school, so his mum has no choice but to take the car. Enter Sid's very clever, but somewhat quirky Principal, Mr Walk-a-lot. With the help of the audience, and plenty of humour, Principal Walk-a-lot sets about teaching Sid why he should step, cycle or scoot to school. For a start, it will wake him up so he is ready for school, but there are so many other benefits for Sid and for his school if more people Think Feet First, and step, cycle or scoot to school.

A wonderful combination of comedy, magic, music, sound effects and video projection will capture the imagination of your students as they learn how to help their own families get organised so they can step, cycle or scoot to school together. Important aspects of road safety are also addressed as part of the performance.

**Duration:** 45 minutes

**Max students per performance:** 250

**Target age:** Kindergarten to Year 4



# Peel pour Pop Theatre Performance

**Your students will be learning and laughing throughout the PEEL POUR POP Healthy Breakfast Show.**

The star of the show Kenny Eatwell (can he eat well?) begins the show as a very tired and lethargic student who stays up late and never has time to eat a good breakfast in the morning. The only thing he eats for brekky is his super sweet cereal "Sugar Bites." His parents don't eat breakfast at all because they are so busy rushing around getting things ready in the morning.

Luckily for the Eatwell family, the very clever, and very funny, Professor Goodbrekky arrives on the scene to teach Kenny and his family how to PEEL, POUR, POP (Peel a banana, Pour milk on wholegrain cereal, Pop grainy bread in the toaster). There will be laughs a plenty as Professor Goodbrekky demonstrates his wacky inventions that help make breakfast more fun for everyone. His favourite invention being "Terry – The tremendously terrific, talking, ten second, turbo toaster!

Professor Goodbrekky also explains that children and parents/carers each have a responsibility when it comes to helping children eat a good breakfast. It's the parents/carers job to role model eating a good breakfast themselves, and to provide a variety of healthy foods for children to choose from. And it's the children's job to be willing to try new foods.

A combination of comedy, magic, music, sound effects and video projection are used to capture the imagination of students as they learn how easy it is to PEEL, POUR, POP.

**Duration:** 50 minutes

**Max students per performance:** 250

**Target age:** Kindergarten to Year 4

For more information and bookings contact your OPAL Local Council Team.



# Maximum Power Show

You too can be a superhero!

Starring Captain Chomp, The Activator and Sergeant Sleepwell in a Super Hero Showdown!

Visit [opal.sa.gov.au](http://opal.sa.gov.au)

OPAL is a joint program of Australian, State and Local Governments.

The logo for Opal, featuring the word "Opal" in a white, rounded font with a blue outline, set against a colorful background of overlapping shapes in purple, blue, yellow, and pink.

This engaging and interactive stage show encourages children to develop positive life habits in order to achieve Maximum Power in life.

No matter whether you want to become a great story writer, an inventor of amazing creations, or to achieve more in your favourite sport, then we all need Maximum Power.

And you know you have Maximum Power when your whole body feels great, you feel strong, you feel full of energy and you feel ready to take on the next challenge.

In the show, children will meet our three amazing superheroes, who each think they have the answer to achieving Maximum Power. "Captain Chomp" is adamant that eating powerful foods and drinking the right drinks is the secret. "The Activator" believes the most important thing is to be physically active every day. And "Sergeant Sleepwell" thinks Maximum Power can be achieved by simply getting a good night's sleep.

Which one of them is right? Well to find out, they will go head to head in the ultimate challenge, "The Super-Hero Showdown". . . . Each superhero then uses a combination of comedy, magic, video footage and other effects to convince the audience of their arguments.

Will they find the answer to Maximum Power? With the help of the audience, including some very lucky Junior Superheroes, they just might get there!