

Virginia Rep is proud to partner with Virginia PTA to bring you this production.

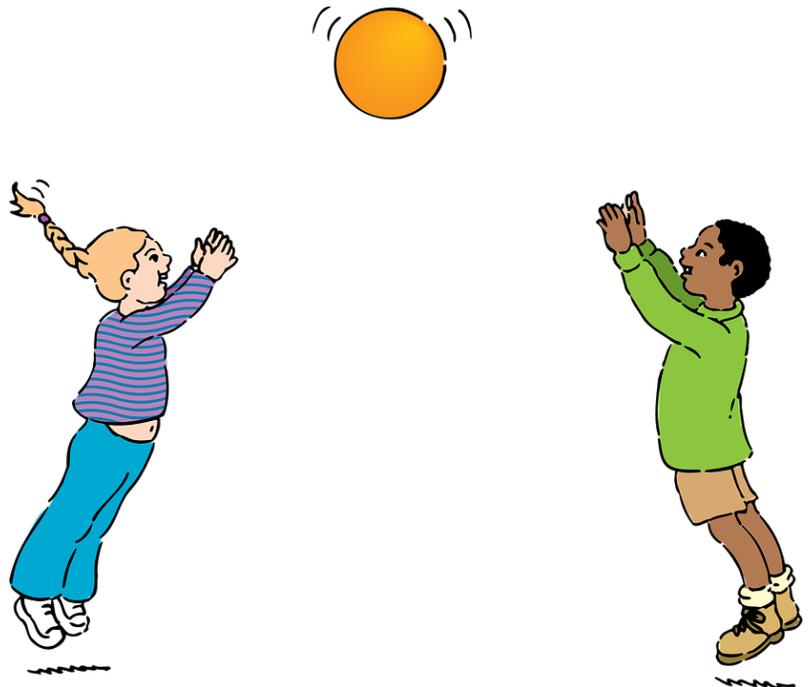
2015 Virginia Health Education Standards of Learning

- Describe healthy meal choices that include all food groups (K.2a)(2.1c)(2.3b)(4.1c)(5.1d).
- Identify foods and beverages that contain sugar and caffeine (1.2g)(2.1d)(2.1e)(3.1d)(4.1g).
- Identify positive physical activity options and the benefits of being physically active every day (K.2b) (K.3c)(2.2b)(3.1e)(3.2a)(4.1b)(4.2b)(5.1g) (5.2f).
- Describe alternatives to television watching (K.2c)(1.2e)(2.2e).
- Describe the importance of having a healthy heart, brain, and lungs (1.1a) (1.2a)(1.2b)(2.1a) (2.2c)(3.2a)(4.1d,e)(5.1c).
- Explain how sleep affects your health and ability to learn (1.1d)(1.2f)(3.1f)(4.1b)(4.2b)(5.1h,i)(5.2g).
- Explain the importance of making healthy decisions and how unhealthy decisions affect the body (1.1d)(1.2h)(2.2b)(2.2d)(3.2a)(4.1b)(5.1h).
- Support others in making positive food, physical activity, and sleep choices (3.3b)(4.2h)(5.3b,c).

Additional Resources:

U.S.D.A. MyPlate Resources
<https://www.choosemyplate.gov/>

Fit4Kids Teacher and Student Resources
<http://grfit4kids.org/>



Pup, a rappin' and rockin' beagle, is worried. He and his boy Adam have been together for seven years, but something has changed. Adam can't quite keep up and have fun the way he used to. He's slowing down, so Pup goes on a quest to find out why. What can Adam do to get back to feeling his very best?

Learning all that he can about healthy habits, Pup presents an interactive rock show with each song teaching a new lesson about being active, eating smart, sleeping, and finding the perfect balance in life. Connecting with the **2015 Health Standards of Learning** and following the **MyPlate** model, Virginia Repertory Theatre's *Pup n' Adam* is FUN from start to finish. Pup teaches vital messages about healthy living, and spreading the message that healthy habits are for everyone!

Your Healthy Zip Code: Raise your (♥) Rate

MATERIALS: stop watch, pencil

PROCEDURES:

1. Measure your resting pulse. Use two fingers to feel for your pulse on your opposite wrist. Then measure by counting pulse beats for 1 minute (or, count for 15 seconds and multiply x4); record it below.
2. Be sure you are standing at an arm's length from your nearest neighbor. Do one minute of jumping jacks.
3. Take your pulse (see step #1) and record it below.
4. Wait one minute. Take your pulse (see step #1) and record it below.
5. Repeat steps #2 - #4, replacing jumping jacks with jogging in place.
6. Repeat steps #2 - #4, replacing jogging with hopping in place.

CONCLUSIONS:

What effect does exercise have on your heart rate? How does it make you feel? Answer on a separate sheet of paper.

KNOW THE HEALTH ZIP CODE

9 Hours of sleep

5 Fruits and vegetables

2 No more than 2 hours of recreational screen time

1 Hour of physical activity

0 Sugary beverages

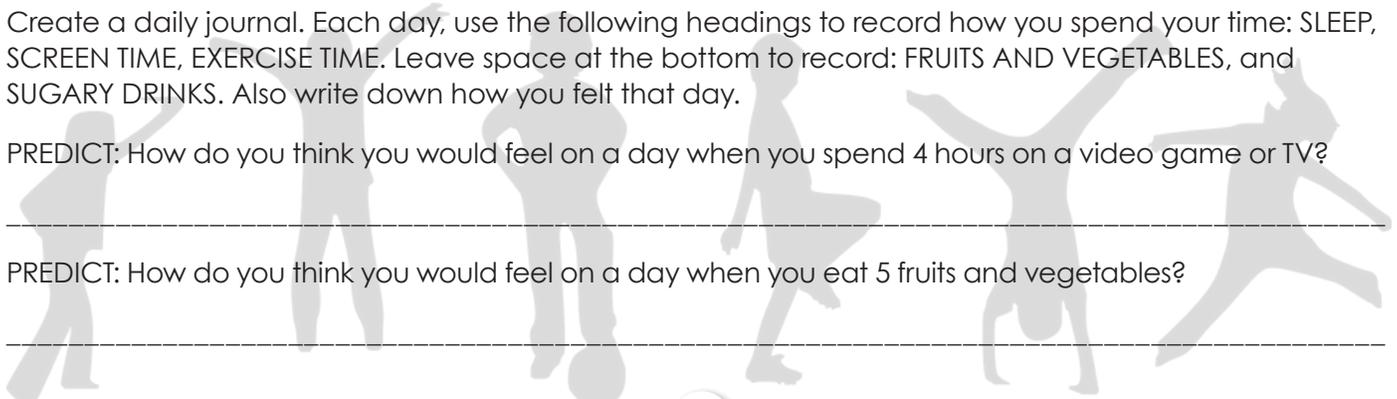
	Resting heart rate (HR)	HR after 1 minute of jumping jacks	HR after 1 minute of rest	HR after 1 minute of jogging in place	HR after 1 minute of rest	HR after 1 minute of hopping in place	HR after 1 minute of rest
HR in beats per minute (BPM)							

Extend it: Healthy Homework

Create a daily journal. Each day, use the following headings to record how you spend your time: SLEEP, SCREEN TIME, EXERCISE TIME. Leave space at the bottom to record: FRUITS AND VEGETABLES, and SUGARY DRINKS. Also write down how you felt that day.

PREDICT: How do you think you would feel on a day when you spend 4 hours on a video game or TV?

PREDICT: How do you think you would feel on a day when you eat 5 fruits and vegetables?



What Would Pup Say? Nutrition Know-How

Build a healthy plate! Read the list of foods. Cross off the foods that are not part of a healthy meal. Circle five foods you'd like as part of your healthy meal. Then, color the plate with a healthy meal.

soda	milk
broccoli	sweet potatoes
juice	celery sticks
black beans	chicken breast
salmon	fruit roll-up
brown rice	sliced apples
potato chips	red peppers
blueberries	peas and carrots



ChooseMyPlate

ChooseMyPlate.gov has resources for kids, including games, activity sheets, videos and songs, and more. Check them out:

- Visit <https://www.choosemyplate.gov/games> and play interactive games to challenge your nutrition know-how and make your way through all of the food groups!
- Visit <https://www.choosemyplate.gov/kids-activity-sheets> for word searches, word scrambles, and ways to make great tasting snacks.
- Visit <https://www.choosemyplate.gov/videos-songs> for videos showing you how to make healthy snacks, and songs including the *Fruit-Veggie Swag* and *Fruit and Veggie Pokey*.

Behind the Curtains

Virginia Repertory Theatre

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Richmond, Virginia 23220

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Virginia Rep is proud to partner with Virginia PTA to bring you:

Pup 'n Adam

Book and Lyrics by Bruce Craig Miller
Music by Jason Marks & Bruce Craig Miller
Musical Arrangements by Jason Marks
Reserach Assistance by Amy Sproul

Virginia Repertory Theatre
Nathaniel Shaw, Artistic Director
Phil Whiteway, Managing Director

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Theater Etiquette



Clap, but know when to do so.

You should clap after a play, act, or song, or right before intermission. If you loved the show, you can give a "standing ovation" at the end. That's when you stand up while applauding.

It's quiet time (sort of).

If the play makes you laugh or cry, that is fine, but you can chat with your friends afterwards. Show the actors respect and quiet they need to focus on their roles. Being quiet allows the rest of the audience to concentrate on the play.

Many people with different skills and talents work together to make a production such as *Pup 'n Adam* come to life. Can you match these theater jobs with their descriptions?

set designer

a person who plays a role or character in stage plays, motion pictures, television broadcasts, etc.

playwright

a person who creates the look of each character by designing clothes and accessories the actors will wear in performance.

stage manager

this person's job is to pull together all the pieces and parts of a play – the script, actors, set, costumes, lighting and sound, and music to create a production.

actor

this job focuses on using light to create effects that match the mood of various scenes in a performance.

costume designer

this person is a writer of scripts for plays. The script tells a story through the actions and words of the characters.

lighting designer

this person creates the physical surroundings of a play, including any scenery, furniture, or props used throughout the play.

director

this person helps the director and helps organize the actors, designers, stage crew, and technicians throughout the production of a play.