



## San Francisco Opera's Charest's *THE TRIPLETS OF BELLEVILLE*

### Curriculum Connections

California Content Standards  
Kindergarten through Grade 12

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#### PHYSICAL EDUCATION

Chart Champion's growth in *The Triplets of Belleville* – How does outdoor activity (exercise, nature, sunlight, relating to animals) impact his physical and emotional well-being? (positive thoughts, energy eating well, growing, color in the face)

What physical attributes stay the same as Champion ages? What will you look like when you get older?

How do you move differently when you're young and old?

What dances could you do to music from the different scenes?

What kinds of dances would you use to represent different characters?

#### MOVEMENT

Walking, dancing, jumping, balancing, leaping, lifting, etc. Ex. Move your body in different ways using the example of each character.

Act out how *The Triplets* move. What are the differences between movement in real life and animation?

Choreograph dances for selected scenes in *The Triplets of Belleville*.

Practice dancing to music from the film. What music selections lend themselves to dancing?

Research dances of the time; how were dances different for different classes?

Practice some of the physical activities mentioned in the story: skipping rope, fishing, bicycling.

#### PHYSICALITY OF PERFORMING

Endurance & strength, posture, breathing techniques.

Which characters in *The Triplets of Belleville* seem to be physically healthy?

Weight classes in sports – Champion has to maintain his weight.

#### TEAM-BUILDING

Cooperative games encourage collaboration and build trust.

Play number games, where students have to gather in groups of two, three, and so on. The object is to get together as quickly as possible. They can also be instructed to create pictures with their bodies, or move in unison.

Construct relays around relationships between characters.

Partner dancing, changing partners, partnering exercises, mirroring activities.

## MENTAL & PHYSICAL HEALTH:

Happiness – which characters do you see as being happy?

Motivation/dedication – The discipline of practice

Body image – how media influences what we want to see? Animation uses simple shapes to create characters that are distinct. How has animation influenced our ideas of physical beauty? The body shapes used in *The Triplets of Belleville* are quite different from those of animated superheroes and Disney princesses. How do artists influence how we interpret beauty and character?

Grandmother's physical disability (one of her legs is longer than the other) – it doesn't stop her from doing anything. How do adaptations, orthopedics and prosthetics help people with disabilities?

Obesity – negative health effects? Societies view of obesity? Some of the people in the film are obese. What is obesity and how does it affect your health? What are the social implications of being obese in America today?

Champion needs to maintain/gain weight. How do we know that? (he eats sitting on a scale; when he hits the target he stops eating) Why? What are the dangers of being underweight?

Moderation – Is anything done in moderation in *The Triplets of Belleville*? How might the grotesque be received differently in the real world vs. the animated world?

What is sea sickness? What are the symptoms and treatment?

What are the signs of addiction? – Smoking, Drinking, Gambling

Vices: The mafia men are gambling on the bikers. What is gambling? What are its negative consequences? The men are smoking and the room is full of smoke. What are the health effects of smoking? Of second hand smoke?