



## San Francisco Opera's Wagner's *DIE MEISTERSINGER VON NÜRNBERG*

### Curriculum Connections

California Content Standards  
Kindergarten through Grade 12

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#### PHYSICAL EDUCATION

##### MOVEMENT

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

What would dances of the period have looked like?

What level of fitness would be required of a knight?

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

##### PHYSICALITY OF PERFORMING

Endurance & strength, posture, breathing techniques.

Explore the mechanics of singing

##### TEAM-BUILDING

Research the benefits of choral singing.

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.

Research the science of singing. What happens to your brain and body while singing?

How does singing lift you up? What are the physical and emotional benefits of singing?