



Dr TV and the TV Zombies

Musical Theatre to promote active lifestyles

Resources for primary schools to stage a musical, promoting active lifestyles and educating about the risks of excessive TV and screen time.

Leeds primary schools are being offered resources to stage this humorous and engaging musical and downloadable resources are available at no cost to schools. Dr TV and the TV Zombies' is a musical designed for Year 4, 5 or 6 children to perform for their families and school. It will help bring to life the information on the risks of too much TV and screen time and provides challenges to encourage children and their families to swap some screen time for being active. It can be a whole school or class based project.

Watch the trailer here: <http://www.allthingsconsideredtheatre.co.uk/dr-tv-trailer>

To access all the resources you need go to:

www.allthingsconsideredtheatre.co.uk

Click on **RESOURCES** then **DR TV**

Enter the password: **evildrtv2016**

Digital resources:

- Songs and soundtrack
- Scripts
- Staging instructions and lesson plans
- Backdrops images for projection
- Film of the show

Prizes and certificates for children taking part in the musical will be provided for schools that that complete a short evaluation. Contact jan.burkhardt@leeds.gov.uk.

Why it matters

The average time spent in front of screens by 5 -16 year olds in Britain is 6 hours a day. There are many risks associated with too much time spent on computers and mobiles or watching TV; it can affect brain and language development, encourages "mindless" eating and leads to sedentary habits. Evidence shows that reducing screen time for children can effectively increase physical activity levels and improve emotional wellbeing.

All Things Considered Theatre can also provide a package of support and workshops. For details and costs see resources or contact: allthingsconsideredtheatre@yahoo.co.uk

The resources are funded by Leeds City Council Public Health

Thanks to the ACES Primary Schools for working with All Things Considered Theatre on conceiving, developing and evaluating the musical.