

About the Course

Basic Course Information

Course Title	Four Week Acting for Film - Level 1
Awarding Body	N/A
Award on Completion	N/A
Length of Course	4 weeks, Full Time
Location	MetFilm School Campus in Ealing, London and/or other teaching and production spaces in West London.

Teaching and Learning

The delivery of MetFilm School programmes is tailored to the particular learning goals of the individual course. Many courses contain production periods when the demands on individual students vary according to their individual shoots. **Specific details vary from time to time in order to maximise student experience.** Indicative calendars are issued at the start of each course and students can access their individual timetables through the student portal.

Delivery of this course will be within these parameters:

Teaching

- Your course averages 25 hours of teaching time per week.
- Teaching on MetFilm School's full-time courses is usually scheduled between the hours of 9am and 7pm, Monday to Friday. Taught sessions will be timetabled within these windows.
- Students are expected to engage in independent learning, practical exercises, and tutorials outside these hours, and also have access to School wide activities including guest speakers and opportunities within the Virtual Grindhouse.
- Throughout this course students will be given formative feedback from their tutor and through peer review. However, this course is not formally assessed academically, and no grades are given at the end of the course.

Filmed Exercises & Monologues

- A trained graduate Director of Photography and Sound Recordist will be assigned by the School for the filmed exercises to operate camera and oversee sound.
- Filmed exercises are edited by a trained graduate editor.

Mixed Teaching

MetFilm School's *Four Week Acting for Film Level 1* is a practical course which is taught largely in person. We have also found that we can enhance our in-person teaching using online tools, and the School has developed a *Mixed Teaching* approach which allows us to do just that. For example, some 1:1 tutorials and large group experiences are better delivered digitally. All online sessions will be noted clearly in student's timetables. In addition, where public health considerations or other matters outside our control limit access to the campus, *Mixed Teaching* ensures that students can continue their

learning journey. The introduction of online tools will allow us to offer more opportunities, more content and an enhanced learning experience, at the same time delivering the in-person practical experience our students value.

The information included in this pack is provided to enhance your understanding of the course. Please note that some details may vary from cohort to cohort.

Summary

Four Week Acting for Film Level 1 is designed to cover the following areas:

- How to analyse a script to get the best from their performance
- The technical skills relevant to film acting
- Practised techniques that will help you achieve an authentic screen performance
- How to project confidence whilst in front of the camera
- On set practices and the relationship of the actor to the crew

The course outline below describes the key craft areas and skills you will cover during your course.

Four Week Acting for Film Level 1 is a fully immersive course. Students can expect to explore the multi-faceted world of screen acting through practical workshops, crew role exercises and scene work.

Applying for this Course

Application for this course can be made on the MetFilm School website [here](#).

In order to apply for this course, students must be 18 years old or over, and have sufficient spoken & written English. The course is suitable for beginners and those with basic skills. There are no specific academic entry requirements for the Four-Week Acting for Film Level 1 course.

Course Structure and Delivery

MetFilm School Mission

Our mission is to inspire a new generation of creative screen professionals, educating them in the new world of storytelling across all screen types. By putting industry at the heart of everything we do, MetFilm School best equips its graduates for successful careers.

Our goal is to nurture skill and talent, creating a great school which empowers students to pass seamlessly into work, using our experience to help businesses adapt and change in the ever-changing multichannel world.

Four-Week Acting for Film Level 1

As an educational institution, Met Film School's mission is to provide students with a practical, high-quality learning experience grounded in professional industry practice and preparation. Through our course provision we equip students with the knowledge, skills and mindset to prepare them for successful careers within the screen industries.

We seek to foster an inclusive environment in which creative, mature, focused, and considerate individuals are valued as members of a dynamic community.

We believe collaboration is the bedrock of professional practice that is reflected across the creative screen industries, and students are required to treat each other with respect and to work together in a professional manner.

Met Film School's key policies and documents can be found here: [Key Policies](#)

Students explore the following key areas of study during the *Four Week Acting for Film Level 1* course:

Subtext in Acting – Theory and Practice

During these sessions, you will discover the use and purpose of subtext in performance. By addressing what subtext is and how it influences a performance you will enhance your understanding of performance tools and obstacles, whilst evaluating your choices as an actor when addressing script material.

Storytelling in Acting

You will address key questions such as: what is a story? What makes a story interesting? What is a good script? And how you should set about choosing good roles.

Script Analysis and performance

These sessions will address how to break down a scene into story beats and be able to define terms such as 'through the line' and 'spine'. You will also develop an appreciation of how the process of analysis can improve your performance.

Rehearsal

During these sessions, you will examine how to get the most from your rehearsals and be able to put into practice techniques such as improvisation, speaking out an interior monologue and rehearsing the script beat by beat.

Filmmaking Skills

The filmmaking process will be explored so you understand its stages in broad terms. You will also learn the names and functions of all principle crewmembers. You will come to understand technical requirements such as shot sizes, director commands and set procedures.

Sample Indicative Timetable

details may vary from cohort to cohort

Week 1	Introduction & Subtext in Acting During the first week you will be introduced to the Foundations of Acting for Film. You will learn about: <ul style="list-style-type: none">○ Appropriate warm up exercises for the actor○ Using improvisation as an acting technique○ Subtext in acting – what subtext is and how it influences performance○ Storytelling in acting – what story arcs are, how they are shaped and how they influence performance○ Voice and accent – vocal exercises and range and the importance of dialect○ Different acting techniques and practitioners
Week 2	Core Acting Skills

	<p>Following on from your introductory sessions, you will also take part in filmed exercises that will allow you to apply these skills on camera. You will further your understanding of the following areas:</p> <ul style="list-style-type: none"> ○ Script analysis – how the actor should analyse a script and how this can inform their acting choices ○ Filmed monologues ○ 1:1 session to examine student’s personal goals and best next steps ○ Physical movement - how to communicate through physicality, body language and use of animal characteristics in performance ○ Different acting techniques and practitioners
Week 3	<p>Filmmaking and the Actor</p> <p>With your growing confidence and familiarity with your peers, the third week of study is geared towards advancing your understanding of the filmmaking process and environment. You will focus on:</p> <ul style="list-style-type: none"> ○ A filmed Masterclass with a Guest Director ○ Acting techniques ○ Blocking and Rehearsing your final scenes ○ On-set protocols and practices ○ Shooting your final scenes
Week 4	<p>Monologues, Auditions and Review</p> <p>The final week of the course is aimed at consolidating all the skills you have gained and preparing yourself for the industry. This includes:</p> <ul style="list-style-type: none"> ○ Shooting your final scenes - Getting used to hitting your marks, blocking your scene and being on-set ○ Casting audition techniques - The do’s and don’t’s when in a casting, audition techniques, how to adopt the correct attitude when entering the audition room and self tapes ○ Your next steps within the industry ○ A review and critique of your filmed scene

Please note that this is an indicative calendar. Specific details including the order of modules may vary from cohort to cohort. Students will be issued with a more detailed schedule at the start of the course, and your personalised calendar will be available via the student portal.

Being at MetFilm School

Teaching and Learning

The *Four Week Acting for Film Level 1* Course forms part of the non-accredited course delivery run by Met Film School. The course structure comprises of a range of teaching and delivery patterns: lectures, workshops, filming exercises, presentations and individual one-to-one career and development tutorials.

Course details are contained within the Student Guide. The Student Guide is the core course document containing specific learning outcomes for each weekly session in line with the overall objectives of the course.

Curriculum delivery is enhanced by access to the Virtual Grindhouse, Met Film School's virtual community where students can access competitions and guest speaker masterclasses.

MetFilm School encourages independent learning and reflective learning. "Practice days" may form part of the delivery and students may be given structured homework to complete, encouraged to practice their skills independently or challenged to network and consider key industry contacts.

Tutors

MetFilm School works with a large team of teaching staff across its full portfolio of courses, profiles of many of whom you can find on our website [here](#).

Student Support

MetFilm School is committed to providing and supporting a diverse and inclusive environment that promotes and develops equality of opportunity for all students and staff. We seek to continually improve our standards across the student lifecycle encompassing access and admission; support and progression; and graduate employability and entrepreneurship.

We seek to provide a caring, supportive environment that recognises each student as a unique individual and fosters their personal and professional development. We are committed to each student's wellbeing, and there are a range of support mechanisms in place to aid student progression through their course of study.

The Student Handbook, which can be found [here](#), gives guidance on the support structures open to students at the School.

Formative Feedback

Throughout this course students will be given formative feedback from their tutor and through peer review. However, this course is not formally assessed academically, and no grades are given at the end of the course.

In addition, MetFilm School provides regular opportunities for students to give each other feedback through the learning system, which encourages feedback within peer-to-peer sessions. Being able to critically reflect on your own work and the work of your fellow students in a constructive, meaningful way, both verbally and in written form, demonstrates good practice and enhances your learning experience.

Evaluative Feedback

MetFilm School is committed to continual improvement, and student feedback – both informal and formal – is an important part of the evaluative feedback we use. Students are therefore invited to complete feedback forms midway and at the end of their course.

Costs

Tuition Fees can be found on the course page on the MetFilm School website [here](#).