



CAPA Academy – Visual Arts

Welcome to the Lisarow High School CAPA Academy Visual Arts process.

Students applying for VISUAL ARTS for the Lisarow Creative and Performing Arts Academy will be asked to complete an artwork in response to the following stimulus:

Use the following nursery Rhyme – 'The Old Woman Who Swallowed a Fly', as your **inspiration** for an artwork:

I know an old lady
She swallowed a fly
But I don't know why
She swallowed the fly
- I guess she'll die

I know an old lady
Who swallowed a spider
It wiggled and jiggled
And tickled inside her
She swallowed a spider
To catch the fly
But I don't know why
She swallowed the fly
- I guess she'll die

I know an old lady
Who swallowed a bird
Isn't that Absurd
To swallow a bird?
She swallowed the bird
To catch the spider
Who wiggled and jiggled
And tickled inside her
She swallowed the spider
To catch the fly
But I don't know why
She swallowed a fly
- I guess she'll die

I know an old lady
Who swallowed a cat
Just imagine that
She swallowed a cat
She swallowed the cat to catch the bird
She swallowed the bird
To catch the spider
Who wiggled and jiggled
And tickled inside her
And she swallowed the spider
To catch the fly
But I don't know why
She swallowed the fly
- I guess she'll die!

I know an old lady who swallowed a dog
Ooh, what a hog
She swallowed the dog
To catch the cat
She swallowed the cat
To catch the bird
And she swallowed the bird
To catch the spider
Who wiggled and jiggled
And tickled inside her
And she swallowed the spider
To catch the fly
But I don't know why
She swallowed the fly
- I guess she'll die



I know an old lady
Who swallowed a goat
She just opened her throat
And swallowed a goat
She swallowed the goat
To catch the dog
She swallowed the dog
To catch the cat
She swallowed the cat
To catch the bird
And she swallowed the bird
To catch the spider
Who wiggled and jiggled
And tickled inside her
And she swallowed the spider
To catch the fly
But I don't know why
She swallowed the fly
- I guess she'll die

And I knew an old lady
Who swallowed a minister
Isn't that sinister?
To swallow a minister
She swallowed a minister
To catch the goat
And she swallowed a goat
To catch the dog
And she swallowed a dog
To catch the cat
She swallowed the cat
To catch the bird
And she swallowed the bird
To catch the spider
That wiggled and jiggled
And tickled inside her
And she swallowed the spider
To catch the fly
But I don't know why
She swallowed the fly.
- I guess she'll die

And I knew an old lady
Who swallowed a rhinoceros
Isn't that preposterous!
To swallow a rhinoceros
She swallowed a rhinoceros
To catch the minister
To catch the goat
She swallowed the goat
To catch the dog
She swallowed the dog
To catch the cat
She swallowed the cat
To catch the bird
And she swallowed the bird
To catch the spider
Who wiggled and jiggled
And tickled inside her
And she swallowed the spider
To catch the fly
But I don't know why
She swallowed the fly
- I guess she'll die

I know an old lady
Who swallowed a horse...she's dead of
course!



1. IDEAS: Read the nursery rhyme and then be as creative and imaginative as you can, with both your ideas and the materials that you use. You may choose one part of the nursery rhymes or the whole. It may remind you of something in your life, it might lead your mind to other ideas. We want you to show us your artistic talent and individuality.
2. MATERIALS: Your artwork can be, 2D (flat) or 3D (sculptural). It can be one work OR a collection OR a series. You may use mixed media, pencil, pen, paint, collage, digital media, photography, etc...It can be a combination of some OR all of these, OR it can be one.
3. SAFETY: Your artwork/s need to be safe, so please, no sharp materials, no glass and nothing wet.
4. SIZE: Maximum size for 2D artworks is (A3), and Sculptural 3D artworks is (40cm x 40cm x 40cm.)

Visual Art Portfolio Interview Times:

Students will be attending Lisarow High school for the entire Transition day. During the day there will be a time set aside (advised on the actual day), where the Visual Arts students will go to an Art Room to discuss and show their artwork in an interview and participate in a small art workshop. At the conclusion of the interview and fun Art workshop, students will return to their school group to participate in the planned activities of the Transition day at Lisarow High School.

Entry into the CAPA Academy:

On the day of the interview, students will receive verbal feedback, however, applicants will be notified by mail for offers of placement.

*We look forward to meeting you at the interviews
and cannot wait to see the creativity
from our future Lisarow High School artists*