

Circus 1 (Ages 4-5; Grades K-1st) 55 minutes

Warm Up	10-15 Minutes
Explain Rules	★ Choice and Warm Up ★ Traffic ★ Respect ★ Boundaries
Animal Walks	★ Animal Walks: Bear, Crab, Frog, Bunny, Penguin, Bear into Crab, Cheetah ★ Active Warm Ups: Run, Hop, One Foot Hop, Skip, Sashay, Grape Vine, Gallup, Meatball Rolling, Bear to Crab to Bear, Happy Monkey...
Active Warm Up	
Stretching	10 Minutes
	★ Children should be Able to Tell and Show you Names of Positions with Little Prompting ★ Straddle, Pike, Tuck, Squat, Lunge, Landing Position, Sumo Squat, Table-Balancing on Opposite Arm and Leg, Back Bends, Rock and Roll, Bridges, Happy Monkey (Feet Clapping), Point, Flex
Obstacle Course	10-15 Minutes
	★ Use the Obstacle Course to Trick them Into the Tricks. It should be fun but the Real Objective is the get Basic Tumbling and Climbing Skills, Rolling, Tuck, Pike and Straddle Jumps, Swinging, Climbing Ropes, Balancing High Up, Lunge, Landing on Feet! Log Rolls, Donkey Kicks, Monkey Hops, Cartwheels ★ Hand and Feet! No Knees or Elbows!
Circus Activities	Choose 1 or 2 Per Class (10-15 Minutes Total)
Juggling	★ 1 Scarf Juggling: Throwing and Catching- Teaching Eye Contact with the Scarf. One Hand, Two Hands, Over Body Parts, Clapping, Turning, ect ★ 2 Scarf Juggling: Throwing and Catching- Same Hand, Claw Grab, X-Throw, Throw Catch Catch, Rainbow, or O-Juggling ★ Combination of Moves ★ 3 Moves with a Beginning and Ending, Perform for Each Other ★ Repeat with Balls!
Physical Theater	★ Walking Around the Space: Levels of Emotions, Speeds, Environments ★ Following Along with Story Telling ★ Entering and Exiting, Use of Breath! EYE CONTACT ★ "IT'S MY TURN!" "WHAT'S IN THE BOX?"
Aerial Swinging	★ Fabric Knot: Star, Archer, Back Straddle to Double Crochet to Sit Up, Diaper Drop ★ Climbing Fabric While Coach Holds Under Students Feet ★ Trapeze: Wrap Thumbs! Going to Sit and Stand with Good Form ★ Trapeze Tricks: Hang in a Straddle, Tuck or Pike, Hold Chin to Bar, Knee Hang, Birds Nest, Mermaid under Bar and Sitting on Bar, Star on Bar, Archer, Fireman's Pole
Balancing	★ Balance Beam: Walking Forward Airplane Arms, Tip Toe, Dip, and Flaminko Walks, Walking Up an Incline ★ Rolla Bolla Balancing ★ Balancing a Plate on Head and Walk on Balance Beam
Acrobatics	★ Tripod, Head Stand, Lunge to Kick-Up back to Lunge, Donkey Kick, Log Rolls on Floor, Cartwheel Over Panel Mat, Forward Roll on Floor, Walk Feet Up Wall to Handstand, Dop Position and Roll Overs, One Foot and Two Foot Takeoffs
Closing and Clean Up	5 Minutes
Closing	★ Activity that happens at the end of every class and lets the kids know the class is ending. (Song, Hand Stack, Passing a high five, Stamps, Hand Slap on Floor)
Clean Up	★ Have the Children Help to Clear the Space

Class Objectives

Knowledge of Positions (Straddle, Pike, Tuck, Squat, Sumo Squat, Landing Position)
 Following Directions
 Taking Turns
 Taking Smart and Safe Risks
 Finishing Tricks- Ta Da or Good Landing Positions
 Basic Balancing and Tumbling (Spotting and Tucking in Head)
 Listening Skills