

## Circus 2 (Ages 6-7; Grades 2nd-3rd) 55 minutes

<b>Warm Up</b>	<b>10-15 Minutes</b>
<b>Explain Rules</b>	★ <b>Choice and Warm Up</b> ★ <b>Traffic</b> ★ <b>Respect</b> ★ <b>Boundaries</b>
<b>Animal Walks</b>	★ Knowledge of Animal Walks and Body Positions ★ Active Warm Ups: Run, Hop, One Foot Hop, Skip, Sashay, Grape Vine, Gallup, Bear to Crab to Bear...Donkey Kicks, Tuck Jumps, Straddle Jumps, Straight Body Jump...All to Stick It! Monkey Jumps
<b>Active Warm Up</b>	Jumps
<b>Stretching</b>	<b>10 Minutes</b>
	★ Kids Should Know the Names of Positions! Tuck, Pike, Straddle, Squat, Sumo-Squat, Landing Position, Lunge, Table, Bridge, Point, Flex ★ Kids Should be Starting to Gain Flexibility and be Pushing Stretches
<b>Circus Activities</b>	<b>Choose 1 or 2 Per Class (25-30 Minutes Total)</b>
<b>Obstacle Course</b>	★ DON'T DO EVERY CLASS! Use the Obstacle Course to Trick them Into the Tricks and Link Tricks. It should be fun but the Real Objective is the get Basic Tumbling and Climbing Skills. Tuck, Pike and Straddle Jumps, Swinging, Climbing Ropes, Balancing High Up, Lunge, Landing on Feet!
<b>Juggling</b>	★ 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! ★ Stop Before You Drop!
<b>Physical Theater</b>	★ Walking Around the Space: Levels of Emotions, Speeds, Environments. Tell a Story with Changes in Emotions, Environments and Have Them React to It ★ Entering and Exiting, Use of Breath! Check in with the Audience EYE CONTACT ★ Partner Entrance and Exit- Check in with Partner-Audience-Object ★ "IT'S MY TURN!" "WHAT'S IN THE BOX?"
<b>Aerial Swinging</b>	★ Fabric/Rope: Star, Archer, Foot Lock, Frog, Clothes Line, Susan, Sit in Chair, Candy Cane, Pretzel ★ Climbing Fabric or Rope and Come Down Slowly (Holding Under Feet if Needed) ★ Trapeze: Proper Going to Sit and Stand, Birds Nest, Mermaid Under Bar and Sitting on Bar, Star on Bar, Archer, Fireman's Pole, Birds Nest in Ropes, Ankle Hang, Straddle Back
<b>Balancing</b>	★ Balance Beam: High Up! Walking Backwards, Tip Toe Walk, Dip Walks, Leg Lifts. ★ Low Down Beam: Forward rolls, Cartwheels, Jumping ★ Walking Up an Incline, Rolla Bolla, Bear Walks on Two Pipes
<b>Acrobatics</b>	★ Cartwheel, Lunge to Kick-Up, Forward Roll, Back Roll Down Cheese Mat, Bridge, Bridge with One Leg Up, Lunge to Seizer Kicks, Handstand against Wall, Arm Circles with Tumbling, Hurdling, One Foot and Two Foot Take-Offs
<b>Partner Acro</b>	★ Dog Position, Sumo Squat, Dog Roll Overs, 3 Person Standing on Thighs, Dump Trucks
<b>Closing and Clean l</b>	<b>5 Minutes</b>
<b>Closing</b>	★ 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)
<b>Clean Up</b>	★ Have the Children Help to Clear the Space

### Class Objectives

Kids Should be Pushing Stretches  
 Knowledge of Body in Space  
 Ta Da and Good Landing Positions  
 Following Directions  
 Team Work!!!  
 Taking Smart and Safe Risks  
 Staying Engaged During Class