

Circus 3 (Ages 8+ - 12; Grades 4,5,6 and 7th) 1.5 Hours

Warm Up	10-15 Minutes
Explain Rules	★ Choice and Warm Up ★ Traffic ★ Respect ★ Boundaries
Active Warm Up	★ Active Warm Ups: Run, Hop, One Foot Hop, Skip, Sashay, Gallup, Bear to Crab to Bear...Donkey Kicks, Tuck Jumps, Straddle Jumps, Straight Body Jump, Happy Monkey Jumps, Scissor Handstands to Lunge, Handstand Hops, Brain Teasers, Shoulder Warm Ups, Tripod
Stretching	10 Minutes
	★ 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
Circus Activities:	Choose 1 or 2 Per Class (25-30 Minutes Total)
Juggling	★ 1 Ball Juggling: Throwing and Catching- Teaching Eye Contact with the Ball. One Hand, Two Hands, Over Body Parts, Clapping, Turning, ect ★ 2 Ball 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 ★ Use Scarfs first if Kids are Struggling with Balls ★ Stop Before You Drop!
Physical Theater	★ 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 ★ Partner Entrance and Exit- Check in with Partner-Audience-Object ★ "IT'S MY TURN!" "WHAT'S IN THE BOX?"
Aerial Swinging	★ Fabric/Rope: Star, Archer, Foot Lock, Frog, Clothes Line, Susan, Sit in Chair, Candy Cane, Pretzel ★ Climbing Fabric or Rope and Come Down Slowly, Different Ways to Climb and Come Down ★ Trapeze: Going Through Proper Sit and Stand, Birds Nest, Mermaid Under Bar and Sitting on Bar (to Spin Around Rope), Star on Bar, Archer, Fireman's Pole, Birds Nest in Ropes, Unicorn, Ankle Hang, Straddle Back
Balancing	★ Balance Beam: High Up! Walking Backwards, Tip Toe Walk, Dip Walks, Leg Lifts. ★ Low Down Beam: Forward rolls, Cartwheels, Jumping, Back Rolls
Acrobatics	★ Cartwheel, Lunge to Kick-Up, Forward Roll, Handstand Forward Roll, Back Roll, Bridge, Bridge with Kick Over, Backbend from Standing, Handstand against Wall, Arm Circles with Tumbling, Round Off, Back Handsprings Over Bolder Hurdle, One Foot and Two Foot Take-Offs
Partner Acro	★ Dog Position, Airplane, Sumo Squat, Dog Roll Overs, 3 Person Thigh Stands, Dump Trucks, Wall Pyramids, Human Juggling, Half High Pyramid
Closing and Cle	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

Gaining an understanding of the Language Used Throughout All of the Mediums

Body Posture

Body Engagement

Awareness of Oneself in Space

Proper Ways of Doing Tricks

Reasoning Skills

Good Landing Positions and Ready to Flow into Next Trick

Team Work!!!