

## Pre Circus (2½-4½ years) 55 minutes

<b>Warm Up</b>	<b>10-15 Minutes</b>
<p style="text-align: center;"><b>★ Choice and Warm Up ★ Traffic ★ Respect ★ Boundaries</b></p> <p><b>Explain Rules</b> ★ Animal Walks: Bear, Crab, Frog, Bunny, Penguin, Bear into Crab, Badger, Monkey Pop, Kangaroo, Freeze, Happy Monkey</p> <p><b>Animal Walks</b> ★ Active Warm Ups: Run, Hop, One Foot and Two Foot Takeoff, Skip, Sashay, Gallup</p> <p><b>Active Warm Up</b></p>	
<b>Stretching</b>	<b>10 Minutes</b>
<p>★ Children should start to learn proper names for positions</p> <p>★ Use Songs and Stories to Assist Stretching: Butterfly, Tuck, Straddle, Pike, Table, Mountain, Landing Position, Point and Flex, Squat</p>	
<b>Obstacle Course</b>	<b>10-15 Minutes</b>
<p>★ Fun Colorful and Creative. Swinging, Rolling (Log Roll, Forward Roll), Climbing, Jumping, Balancing, Cartwheel over a mat. Get kids to try things on their own without a parent next to them. It's okay to fall! Try again! Only one obstacle should need adult help! Lots of mats!</p> <p>★ Course should be extra safe and well padded (students should feel safe to "fall" and "try again")</p> <p>★ Coach should be on 1 event, child should be able to do all other events (some guidance may be needed)</p> <p>★ Hand and Feet! No Knees or Elbows!</p>	
<b>Circus Activities</b>	<b>Choose 1 or 2 Per Class (10-15 Minutes Total)</b>
<b>Juggling</b>	<p>★ 1 Scarf Juggling: Throwing and Catching- Teaching Eye Contact with the Scarf. One Hand, Two Hands, Over and Under Body Parts, Clapping, Turning, Counting</p> <p>★ Rolling/Bouncing Balls on the Ground, as a Group and between Two People</p>
<b>Physical Theater</b>	<p>★ Moving Around the Space: Expressing Different Emotions, Speeds, Environments</p> <p>★ Following Along with Story Telling</p> <p>★ Animal Walking with Body Movements and Sounds</p>
<b>Aerial Swinging</b>	<p>★ <b>Fabric Knot:</b> Straddle Back (Hold Ankles), Cocoon, Swing, Stand</p> <p>★ Climbing Fabric While Coach Holds Under Students Feet</p> <p>★ <b>Trapeze:</b> Hang in a Straddle, Tuck or Pike, Hold Chin to Bar, Knee Hang, Birds Nest, Mermaid under Bar and Sitting on Bar</p>
<b>Balancing</b>	<p>★ Balance Beam: (Possible Incline) Walking Forward Airplane Arms, Tip Toe Walk, Dip Walks</p> <p>★ Rolla Bolla Balancing</p> <p>★ Balancing a Plate on Head and Walking, Backwards Walking, Sitting</p>
<b>Acrobatics</b>	★ Log Rolls, Forward Roll Down Cheese Mat, Meatball Rolling, Monkey Pop Over a Folded Panel Mat
<b>Closing and Clean Up</b>	<b>5 Minutes</b>
<p>★ 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)</p> <p><b>Closing</b></p> <p><b>Clean Up</b> ★ Have the Children Help to Clear the Space</p>	

### Class Objectives

Building Confidence

Learning to Push Yourself Safely

Following Directions/Listening Skills

Taking Turns

Coordination and Large Motor Skills

Creative Expression

Trying Basic Skills Alone Without Needing an Adult By Their Side. It's a Safe Space to Fall!

Repetition

Building Trust Between Student and Teacher