

Wee Circus (18mo-2¹/₂ years) 55 minutes

Warm Up	15-20 Minutes
<p>Explain Rules</p> <p style="text-align: center;">★ Be Warm ★ Be Respectful ★ Be Aware</p> <p>★ All children and parents sit with coach on one side of room. Coach rolls juggling ring for one kid at a time. Kid chases ring and brings it back to coach. This provides an opportunity for the coach to learn kids name and for the child to practice taking turns and following directions. It also give the child an opportunity to engage with the coach.</p> <p>Ring Rolling</p>	
<p>Active Warm Up</p> <p>★ Animal Walks: Bear, Crab, Frog, Bunny, Penguin, Badger, Monkey Pops, Kangaroo Freeze, T-Rex, Gallop (Horse), Run, Hop, Side Sashay</p>	
<p>Stretching</p> <p>★ Use Songs and Stories to Assist Stretching: Butterfly, Tuck, Straddle, Pike, Table, Mountain, Landing Position, Point and Flex</p>	
Obstacle Course	10-15 Minutes
<p>★ Using mats, block, pipes, beams and aerial equipment to create a colorful creative course where parents can assist kids to Swing, Roll, Climb, Jump and Balance.</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 with parent assistance. (some guidance may be needed)</p> <p>★ Hand and Feet! No Knees or Elbows!</p>	
Circus Activities	10-15 Minutes
<p>Aerial Swinging</p> <p>★ Create Fabric Swings by placing knots in bottom of fabric and daisy chaining tail. Use "hammock" to cocoon, hang from armpits to run and swing or invert into back straddle</p> <p>★ Low hanging Trapeze or Single Trapeze with a block at each end of crash mat for kid to practice hanging by hands, jumping off block and landing on opposite block</p>	
<p>Object Manipulation</p> <p>Scarf Juggling: 1 scarf per person.</p> <p>★ Follow along with Coaches Movements</p> <p>★ Crocodile's Mouth: using big cheese mat</p> <p>Ball Juggling:</p> <p>★ Roll / Bounce Ball on the ground between people</p> <p>★ Practice trying to throw the ball into a box</p>	
Closing and Clean	5 Minutes
<p>Closing</p> <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>Clean Up</p> <p>★ Ask parents and children to help clear the space when appropriate or clean on your own</p>	

Class Objectives

Building Trust Between Teacher and Student

Repetition

Following Directions

Creative Expressions

Teaching Parents How to Spot

Making Kids Feel Proud of Accomplishments

Creating a Safe Space for Kids to Learn How to be in a Classroom!