

Prerequisites For Circus Kids 1

(Please Print Legibly)

Student Name: _____ **Contact Email:** _____

Parent Name: _____ **Submission Date:** _____

Coach Name: _____ **Contact Phone:** _____

This form will be submitted to the Curriculum Director and you will be contacted to discuss the next steps.

Classroom Requirements:

- Able to Stay Engaged in Class Without Parent/Guardian Assistance
- Able to Take Turns
- Able to Listen and Follow Directions
- Able to Work With Other Students (Sharing and Accomplishing Tasks)
- Able to Stand in Line

Knowledge of Vocabulary: _

- Point Flex Straddle Landing Position "Motorcycle"
- Tuck Pike Squat Same and Opposite Sides

Ground:

- Forward Roll Down Cheese Mat to Landing Position on Feet
- Log Rolls Keeping Feet Together and Arms Above Head
- Jumping off Block with Two Feet / Landing Feet Together and Arms Extended (Motorcycle)
- Monkey Jump or Cartwheel Over a Panel Mat

Able to Get Into: Bear Frog Crab Table

Fabric:

- Able to Stand Without Help on a Fabric Knot
- Able to Get Into and Out of Back Straddle Inversion in a Knot
- Able to Swing on Fabric From One Platform to Another With Little to No Assistance

Trapeze:

- Automatically Wraps Thumbs Around Bar
- In and Out of Sitting on the Bar with Good Form: (Assisted)
 Wrapped Thumbs, Knees On, Reach For Ropes, Pull to Sit, Reverse.
- Knee Hang
- Birds Nest
- Mermaid Under/Over Bar

Balancing:

- Walks Across Beam Without Assistance
- Bear Walk and Regular Walk Across Two Pipes
- Good Landing Position
- One and Two Foot Jumping

Object Manipulation:

- Able to Throw With Aim
- Catch With Two Hands
- Keep Eyes on the Object
- Follow Along With Guided Movement from Coach

Prerequisites For Circus Kids 2

(Please Print Legibly)

Student Name: _____ **Contact Email:** _____

Parent Name: _____ **Submission Date:** _____

Coach Name: _____ **Contact Phone:** _____

This form will be submitted to the Curriculum Director and you will be contacted to discuss the next steps.

Classroom Requirements:

- Clear Understanding of Rules and Consequences
- Able to Work as a Team Player
- Willing to Take Turns and Allow Other Students to Receive Attention
- Able to Listen and Follow Directions

Vocabulary:

- Point / Flex Pike Tuck Same Side / Opposite Side
- Right / Left Lunge Straddle Body Engagement
- Landing Position Bridge

Ground:

- Forward Roll on a Panel Mat or Floor
- Lunge Kick-up Returning to Lunge
- Handstand Facing Wall for 10 Seconds (L-stand is Okay)
- Tripod Balance Against Wall for 10 Seconds
- Cartwheel Attempt on the Floor and Over a Panel Mat on Both Sides
- One Foot and Two Foot Takeoff

Fabric:

- 3 or 4 Climbs in Succession - Coming Down Hand Under Hand (No Sliding)
- Inversion in the Knot, Double Crochet, Pull Up and Over Legs, Reverse
- Star in the Knot
- Archer in the Knot

Trapeze:

- Automatically Wraps Thumbs Around the Bar Birds Nest (Coming Down Properly)
- Mermaid Above and Below Bar Star
- Archer

Balancing:

- Walking Across High Beam Without Assistance
- Dip Walks and/or Flamenco Steps Across High Beam
- Bear Walks on High or Inclined Double Poles
- Standing on One Foot (Both Feet)

Object Manipulation:

- 1 Ball Rainbow Back and Forth
- Throwing a Ball into a Box from 3 feet away

Physical Theater:

- Awareness of Breath
- Entrance and Exit
- Able to Jump From One Level of Emotions or Physicality to Another 1-10