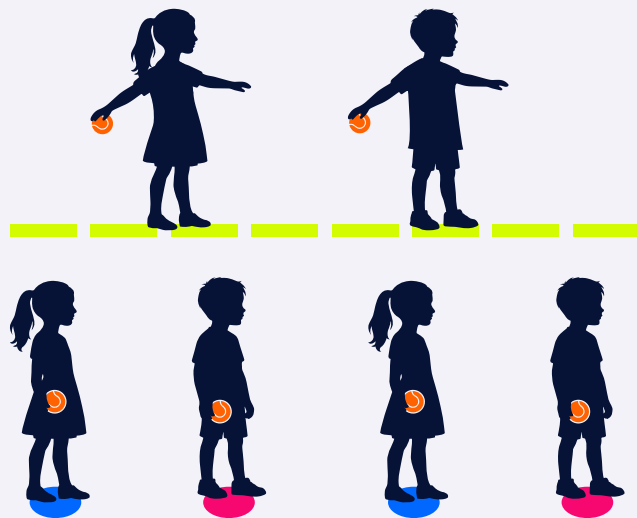


CIRCUS BODY & BALL: Circus Performers

Set the scene:

“Let’s practise our circus skills.”



Brain focus
activities:



Equipment:



Scarves or Balls
(one per child)



Spots



Lines

How to Play:

Create a course that has stations
for the children to complete.

- **Juggling practice:**
 - Each child stands on a spot “circus ring” holding a scarf or ball.
 - Practice throwing and catching the scarves.
 - Repeat several times.
- **Tightrope Walk:**
 - Place lines along the floor or use court lines.
 - Children walk around the lines on the floor.
 - Hold arms out to the side, with the ball in one hand like they’re balancing on a tightrope.
 - Encourage moving forwards, sideways and backwards.

TEACHING POINTS:

- **Juggling practice:**
 - Send the scarf upwards.
 - Two hands to catch.
- **Tightrope walk:**
 - Move slowly to keep balance.
 - Hands out to the side to balance.

SKILL UP:

- Children create their own circus trick.



SEE IT IN ACTION