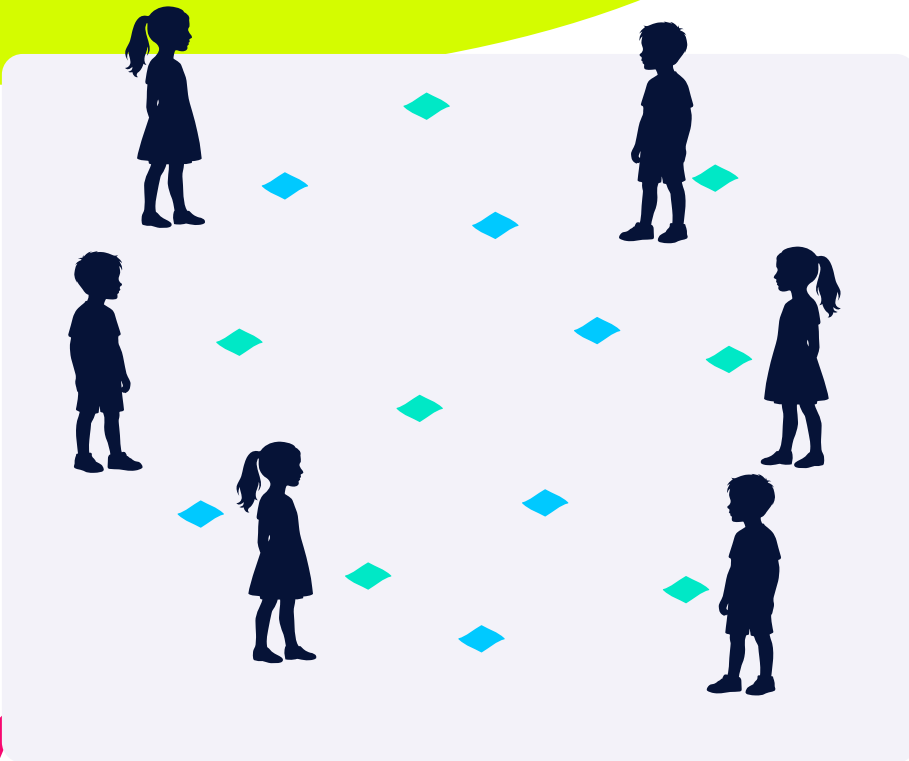


CIRCUS WARM UP: Pop the Popcorn

Set the scene:

“Welcome to the circus! Let’s pop the popcorn!”



Brain focus
activities:



Equipment:



Bean bags (one per child)

How to Play:

- Scatter bean bags (popcorn kernels) around the space.
- Children move around the space.
- On the command “pop” the children pick up a bean bag and hold it up high.
- Hold for a few seconds then drop the kernel and continue moving around the space.
- Repeat several times to encourage children stopping and starting.
- Add in different actions:
 - **Pop and drop** - throw the bean bag gently in the air and let it drop to the floor.
 - **Pop and catch** - throw the bean bag gently in the air and catch it (or throw up, allow to drop and grab).
 - **Pop and spin** - throw the bean bag gently in the air, spin around and freeze, letting the bean bag drop to the floor.

TEACHING POINTS:

- Encourage moving in different directions.
- Encourage spinning actions for vestibular stimulus.
- Gentle throw up to about eye level.

SKILL UP:

- Change from a bean bag to throwing different objects
- Allow children to create their own pop actions e.g. clapping, passing the bean bag round the body.



SEE IT IN ACTION