



Super Star Sport

Circus skills

Hi everyone and welcome to our circus skills sessions:

The way we want to run the sessions each week is setting up something called

STATION WORK FOLLOWED WITH OUR FUN END GAME

The coach will place all the circus skills at different stations around the room and split the children into teams to move around each station during the session.

Plate Spinning	Get the children balancing the spinning plate on top to the stick and move around the area – they can balance from hand to hand and be creative
Rings	Placing these on their arms and spinning them around
Silks	The children can throw these up in the air and catch them – they can work with 1 silk 2 silk or even 3 silks
Juggling	The children to work with one juggling ball and move the juggling ball from hand to hand

END GAMES

Week 2	The plate race – get the children into teams and create a walking obstacle course the children must balance their plate on top of their stick and like a relay race – one child at a time. If their plate falls off, they must pick it up, place it on their plate and keep going
Week 3	Juggling Hot Potato – Get 1 team or 2 teams in a circle holding hands and the teams must pass the juggling ball around the circle getting all the children to concentrate not dropping the ball: When the coach shouts "CLOWN" the child with the ball must do a funny walk around the outside of the circle and back into their position
Week 4	Silk Pass – The coach will get all the children into teams of 5! The children must create a line next to each other. The child must hold a silk (holding corner to corner) a blow into the silk making it reach the next player (we repeat the process until the silk makes it to the other end of the line

Week 5	<p>Ring Hoopla! Get the children into teams and in straight lines. Give the first person at the front of the line a Ring – Infront of that child place a cone as their (marker) don't place the marker to far away and teach the children to throw gently. The child must try and get their ring over the marker</p> <p>Ring Roll – The children will again be in straight lines next to each other in teams. At the end of the hall the coach will create a (gate) for each team (x2 cones) the children must place their hand on top of the ring and slowly push it (roll) it towards the gate and the team who get it through the gate gets a point</p>
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Warm up games / Activities

Clown School	Get the children walking around the room acting funny!
Joke Telling	Get the children to tell us their favourite joke
Balancing Practice	Get the children to try and walk around 1 foot in front of the other practicing their balancing skills
Splat	A fun circle game to play with the children.

Schedule

3:15 3:20	Register
3:20 3:35	Warm Up Games
3:35 3:50	Station Work
3:50 3:05	End Game
3:05 4:10	Gather Bags and Coats
4:10 4:15	Dismissal