AZBUKA CIRCUS ACADEMY – KS1

WHAT IS IT?

Training pupils in Circus and Drama
Led by a qualified teacher who is also a
professional circus performer.
Skills include basic juggling, plate spinning, diabolo,
balancing, tight-wire walking. This can form part of
the PE curriculum, whilst including Drama
objectives.

WHAT ARE THE BENEFITS?
-Boosts self esteem and confidence
-Promotes group skills and teamwork
-SEND/EAL inclusive
-Allows pupils to work in a unique learning environment
-Provides non competitive physical exercise
-Helps develop coordination and proprioception of the body
-Promotes cognitive development
-It's FUN!

HOW DOES IT LINK TO THE CURRICULUM?
KS1 Targets
'Pupils should become increasingly competent across a broad range of
opportunities to extend their agility, balance and coordination'

'Pupils should be taught throwing and catching, developing balance and
coordination, individually and with others...in a range of increasingly challenging
situations'

English – KS1
'Pupils should be enabled to participate in and gain knowledge, skills and
understanding associated with the artistic practice of drama...they should have
opportunities to rehearse, refine, share and respond thoughtfully to drama
performances'

WHAT DOES A SESSION LOOK LIKE?

Following a brief physical or drama warm-up game, one of the following skills will be the main focus for each session:

These will be developed in pairs and groups and then worked on as individuals

-Throwing and catching skills using juggling scarves and beanbags or rings

-Performance skills – showing a new skill with confidence

-Balancing– using tight-wire or slack-line

-Object manipulation skills - spinning plates

-Coordination Skills – using a diabolo

Time will be given at the end to reflect on our learning.

All of the sessions will be conducted in a safe learning environment by experienced circus teachers who can dynamically risk assess as the classes progress. Play is main motivator of the sessions with students exploring safely their own limitations.