

# AZBUKA School – Circus Curriculum overview – 2023-2024

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Circus is an intelligent physical activity meaning that young people have to think about how to control their bodies & be able to multitask.

In the circus classes, we aim to challenge the young people to step outside of their comfort zone, gain confidence, working both as an individual & as part of a group. We believe that this confidence is transferable to the classroom, the workspace & help to build bonds with others.

## WHAT ARE THE BENEFITS?

We have found that the benefits of young people learning circus can be:

Increased confidence, physically & mentally.

Increased fine & gross motor control (Fine motor control = hand dexterity, Gross motor control = arm, leg & body movement).

Increased concentration & longer periods of focus.

Increased willingness to engage in other physical activities.

A better understanding of their individual abilities as well as other people's abilities.

Over the term, we will be teaching a wide range of skills including:

Manipulation of objects  
Hand / Eye coordination  
Balance  
Teamwork  
Performance



To do this we will be using the following equipment:

Juggling balls, rings & scarves  
Poi  
Spinning plates  
Flower sticks  
Diablo  
Low tightrope/slackline/balance beam  
Balance boards/Rolla Bolla  
Walking balls  
Unicycles & pedal-gos  
Stilts  
Skipping  
Hula-Hoops

Some of the equipment might be used either for older or younger groups.