

CIRCUS CURRICULUM OVERVIEW

First half of Autumn term aims:

The main focus will be to introduce & brief all the participants on the H&S the equipment, this will be mostly for the new year 1's as well as other new participants.

Week 1 – handheld equipment, rolla bolla, small ball, pedel gos, unicycles.

Week 2 – Big ball, handheld equipment, rolla bolla, small ball.

Week 3 – Tightrope & Slackline, handheld equipment, pedel gos, unicycle.

Week 4 – Stilts (New participants first, all small stilts), handheld equipment, rolla bolla, small ball.

Week 5 – Stilts (those that did not do stilts in week 4, small & medium stilts), handheld equipment, rolla bolla, small ball.

Week 6 – Stilts (medium & medium big stilts for the year 3 & 4), handheld equipment, rolla bolla, small ball.

Week 7 – Acro-balance, handheld equipment.

Second half of Autumn term aims:

To focus on multitasking & group work for the Year 1 & 2, start putting short routines together & show others in the class for the year 3 & 4.

Week 8 – Stilts, handheld equipment, small ball, unicycles.

Week 9 – Stilts, handheld equipment, rolla-bolla, unicycles.

Week 10 – Tightrope, big ball, pedel gos, handheld equipment.

Week 11 – Slackline, rolla bolla, small ball, pedel gos, unicycles.

Week 12 – Stilts, handheld equipment, small ball.

Week 13 - Stilts, handheld equipment, rolla-bolla.

Spring term aims:

Start working on what the participants would like to do for the end of year performance, this will determine what equipment we will have in the classes each week. More Acro-balance session as well as 'act creation' & group work.

Summer term aims:

Working on acts for the end of show performance.

Overall aims for the year are to:

Raise physical confidence.

Improve Hand & Eye coordination.

Team working skills (through group performance as well as team working games).

Improve fine & gross motor control.

Increase fitness & health.

Improve presentation & stage confidence.

Develop an English & Russian circus vocabulary (not just for the pupils but the And Circus staff as well).