



## CIRCUS

During this session children will learn balance, co-ordination, marking time and spatial awareness. They will have the opportunity to engage as a team, create dialogue and express themselves freely. This type of play also develops children's imaginations through creative exploration. Children will explore the use of props; role play and a wide range of music. There will be opportunities for children to react, respond, take turns, talk and imagine. Doing this they will gain knowledge of the world, be creative and imaginative, develop their personal and social skills, and of course, moving will encourage healthy physical development.

**INTRODUCTION** – Warmups- Use sequencing markers to encourage spatial awareness.

Teddy bear teddy bear turn around	(Turn around)
Teddy bear teddy bear touch the ground	(touch the ground)
Teddy Bear Teddy Bear Shoe your shoes	(arms out to the side and raise foot off the floor, encourage straight leg and pointed toe)
Teddy Bear Teddy Bear that will do	(shake pointed finger)
Teddy Bear teddy bear climb the stairs	(pretend to climb the stairs)
Teddy Bear Teddy bear say your prayers	(hands together in prayer position)
Teddy Bear Teddy Bear turn out the light	(imitate switching off the light, sound a 'click')
Teddy Bear Teddy Bear Say goodnight!	(hands together under tilted head and close eyes, after a short while of sleeping, wake up with a clap and a jump)

Warm up Routine – This routine combines cardio work out and stretching, both crucial before engaging in movement-based activity.

House/mouse: Stretch up tall, squat small, repeat 3 times

Frog bounces: In squat position- bounce

Grow: Slowly raise to standing

Bouncy scarecrow: Arms out to side, knee bends in time with the music

Runners: Jogging on spot, knees high, the kick behind try to kick your bottoms

Jack in the box: Down in squat, one high jump in the air followed by small jumps, repeat

Windmill arms: both arms straight moving backwards and then forwards

Shrugs: Shoulder lifts, shoulder drops and one at a time

Looks: look to left, middle, right middle, up, middle, down, middle, tilt, side, tilt, side

Head rolls: Slowly roll head alternate directions

**Music:** - Temper Trap – Sweet Disposition

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### ACTIVITY – Circus

Props: (Masking tape, Hooter, Hula hoops)

Using the tape create a line on the floor (you may also use chalk). Practice tight rope walking – on pointe, arms out for balance, progress to stopping in the middle of the line; to jump, turn, crouch or balance on once leg.

Chose half the children to hold hoola hoops out to the side, with the edge of the hoop resting on the floor. The remaining children can gallop around the room as horses, parading like dressage horses, as they approach a hoop they can climb through.

Using a hooter, act being clowns. On the sound of one hooter parp, pull a funny face, two parps - look through legs and wave, three parps - carefully fall to the ground with legs in the air

- The Magnificent men in the flying machine



**AND MORE:**

**EQUIPMENT: HULA HOOPS**

Using the hoops, practise spinning them and jumping inside, taking care not to touch the hoop. Use the hoops for skipping. Practise Hoola Hooping together in a group around your waist, spin on arms and feet. Lay them out to make a pattern along the room and jump skip in and out of them.

Nellie the Elephant, Chopin's waltz

**AND MORE:**

**EQUIPMENT: PARACHUTE**

Hold the edge of the parachute and lift in the air. Teacher/adult goes into the middle with hands in the air; to create the Big Top Tent and the children walk around in a circle. Make a tent together by going underneath and sitting on the edge.

**ACTION SONGS – Reinforce the topic with action songs**

**Nellie the Elephant:**

Nellie the elephant packed her trunk and said goodbye to the circus  
off she rode with a trumpety trump trump trump  
Nellie the elephant packed her trunk and trundled off to the jungle  
off she rode with a trumpety trump trump trump

**Elephant song**

The Elephant walks like this and that, (walk on spot \_ Bulkywalk)

He's terribly tall and terribly fat, (hands up high and arms stretched out)

He has no fingers, and he has no toes (demonstrate)

But goodness gracious what a big nose! (swing trunk (arm) up in the air)

**Open them shut them – Funny Clown Song**

OPEN THEM SHUT THEM, OPEN THEM SHUT THEM  
GIVE A LITTLE CLAP CLAP CLAP  
SHUT THEM OPEN THEM SHUT THEM OPEN THEM  
LAY THEM IN YOUR LAP LAP LAP  
CREEP THEM CREEP THEM CREEP THEM CREEP THEM  
UP TO YOUR LITTLE CHIN CHIN CHIN  
OPEN UP YOUR LITTLE MOUTHS AND POP ONE FINGER IN..... (place finger in  
mouth and make a funny sound)

**PERCUSSION:**

**SORT CLASS INTO GROUPS:** Maracas, Triangles, Drums  
Form a line and sing 'I am the music man'  
I am the music man, I come from down your way, and I can play...



What can you play? I play the.... Maracas.... Triangles...Drums

**AND MORE:**

Ask the children to sit in a circle explain that the game is like pass the parcel, and we are going to pass the hooter around the circle each person will make one 'hoot'. If you're holding the hooter when the song finishes you can make lots of hoots.

"Pass the hooter round, pass the hooter round,  
If it stops on you, then you can make a sound!"