

The background of the entire image consists of a repeating pattern of diagonal stripes in red and blue, radiating from the center. In the center, there is a large red shield-like shape with a white border. Inside this shield, the text "CIRCUS SKILLS" is written in a bold, white, sans-serif font. Below this text is a solid red rectangular box. Underneath the box, the text "CREATIVE & PERFORMING ARTS" is written in a smaller, bold, white, sans-serif font.

CIRCUS SKILLS

CREATIVE & PERFORMING
ARTS



Things to do:

- Warm up your body
- Learn a new Circus Skill
- Enjoy the Circus Books & Movement activity



Warm Up:



Try to spell your name!



- A-** Clap your hands 10 times
- B-** Jump on one foot for 10 seconds
- C-** Jump up and down 10 times
- D-** Hop like a bunny around in a circle
- E-** Do 10 jumping jacks
- F-** Pretend to jump rope for 20 seconds
- G-** Spin around in a circle 5 times
- H-** Balance on your left leg for as long as possible
- I-** Reach your hands as high as you can in the sky, then reach as low as you can towards the floor
- J-** Walk on your knees for 10 seconds
- K-** Pretend to pedal a bike with your hands for 15 seconds
- L-** Bend down and touch your toes 15 times
- M-** Walk like a bear for 5 seconds
- N-** Stretch your arms across your body
- O-** Run in place for 15 seconds
- P-** Take 7 steps to the right
- Q-** Walk like a crab
- R-** Try to touch the floor for 1 seconds without bending your knees
- S-** Walk sideways 15 steps, then walk sideways back
- T-** Stand on your tippy-toes for 15 seconds
- U-** Move your head around in circles to stretch your neck
- V-** Take 5 steps to the left
- W-** Pretend to be your favorite animal for 20 seconds
- X-** Hop around like a frog for 20 seconds
- Y-** Walk backwards in a circle (be careful you don't bump into anything!)
- Z-** Balance on your right leg for as long as possible

Learn a circus skill!



Video

Tightrope Walker:

- Use masking tape or electrical tape to make simple patterns on your floor
- Following the patterns, slowly walk along the tape pretending you are a balancing tightrope walker
- Try walking backwards, hopping or jumping along the patterns
- Can you move to the following circus music?



Music

Enjoy the circus books & movement activity

