

## Oddly Moving Circus Skills Workshop Menu



Below are a description of possible workshop models available, all of which are able to be adapted to meet the needs of your students/participants. We advise that when booking a workshop you discuss your needs with the lead circus tutor, Grania, to ensure that we create the best possible experience.

### Circus Skills for Mainstream Schools/Youth Groups

- 7yrs+
- 45 – 60 minutes per session/class
- 10 participants per circus tutor, maximum 20 participants
- Skills learnt are spinning plates, diablo, poi, juggling balls/scarves

The session comprises of a gentle physical warm-up as a group, an interactive game using the juggling balls then the circus tutor leads the group in trying up to 4 different circus skills. Everything is adapted to match the ability of each individual student.

### Circus & Theatre Skills for Mainstream Schools/Youth Groups

- 10yrs +
- 60 - 90mins per session
- 10 participants per circus tutor, maximum 20 participants
- Skills possibly included are spinning plates, diablo, poi, juggling scarves

The session is a combination of learning new circus skills and playing theatre games, which focus on improvising, having fun, building confidence and creating connections between the participants. A typical session involves: games using juggling balls, learning to juggle as a group, improvisation games, try a circus skill, theatre exercise etc and depending on the group creating a short sequence at the end that shows off their combined theatre and circus skills.

### **Circus Skills for Mainstream Schools, inc. pupils with S.E.N.**

- 7yrs+
- 45 – 60 minutes per session/class
- 15 students per circus tutor, maximum 30 students
- Teacher presence required throughout the session
- Additional support required for those with S.E.N.
- Skills learnt are spinning plates, diablo, poi, juggling balls/scarves

The session comprises of a gentle physical warm-up as a group, an interactive game using the juggling balls then the circus tutor leads the group in trying up to 4 different circus skills. The class is split into smaller groups; each group has a set amount of time to try one skill, then they rotate to the next skill and so on, until each group has tried all of the skills available. Everything is adapted to match the ability of each individual student.

### **Circus Skills for Special Educational Needs**

- 7yrs+
- 45 minutes per session/class
- 8 students per circus tutor, maximum 16 students
- Teacher presence required throughout the session
- Skills learnt are spinning plates, diablo, poi, juggling scarves

The session comprises of a gentle physical warm-up as a group, then the circus tutor leads the group in trying up to 4 different circus skills. Everyone learns the same skill at the same time, and everything is adapted to match the ability of each individual student.

The above can be adapted for young people with P.M.L.D.