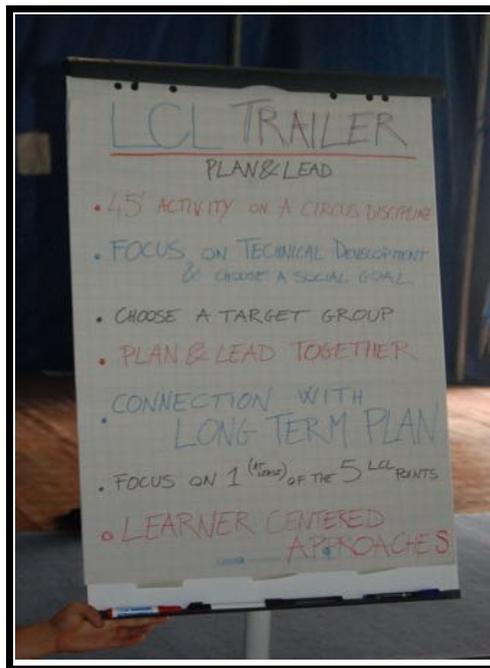


* CIRCUS TRAILER *



4 GROUPS with the 4 circus techniques

JUGGLING ----- Gonzalo, François, Tjaz
----- Target group: 6-9 years old, beginners

Welcome: Magic Space

General presentations: Whisper the facilitators names.

- Movements with one ball, the group repeats.
- Call somebody only with the movement made

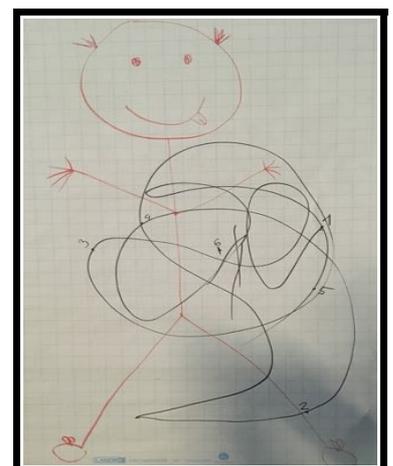
Specific warm up: Displacements throughout the space, dancing, with music and one ball each other

- block the ball
- write your name with the ball
- make different thoughts
- come back to the circle and present how you've written your name

Exercise with juggling balls

2 groups. Chose a leader.

- The rest of the group, takes a marker all together, and with eyes closed, the Leader says to them the directions of the lines that they have to draw.
- transform the lines drawn in thoughts and Catxing movements, giving them a number.
- put in order the number and create a groups choreography
- present the choreography



With scarfs: 3 each one

- a) Everyone with 3 scarfs, two on the hands and one on the floor. Standing up, through the scarf and take the one from the floor. 3 scarfs cascade.
- b) Try to move around the space once you can throw and catch.
- c) In a circle, through 1 scarf and move to the right, catching the scarf of the one that is at your right.

Diabolo/ and balls :

Calm down: Each participant one diabolo in the head, with a ball inside the diabolo. Walk within letting down the diabolo, and change de ball inside with another. If the diabolo falls, you frizz until somebody putts the diabolo/ball in your head.



AERIALS ----- Flora, Nicoletta, Marta

----- Target group: youngsters from 14-18, from a circus school, experienced

Welcome: The facilitators make questions to the group asking about: their summer, if they did some fysical activities, and about their feelings of the day.

- A proposal to build the rules of the space: how can make it works the lesson
- A proposal for leading themselves and by little groups

Warm up: with a juggling ball, everyone move around the space, touching a part of the body, and moving the part: hands, feet, shoulders.... All dancing, asking if somebody wants to show.

Tap Game: slugs, and snails

There are two positions for not being tapped: * the slug



* the snail



To save the person who is in position of slug or snail, make the movement of the slug if is a snail, or the snail's movement if it's a slug. If the one who tap get touch somebody, change of role.

Especific warm up:

Articular warm up, facing in which parts they are going to use for aerials. Each participant proposes a movement, and after everyone takes 5 minutes more to warm what they feel important (conscient awareness of their body)

With silks, divided into little groups:

- a) Climbing: as high you can, put a scarf to mark where you've arrived. Move the scarf if you climb higher
- b) With a juggling ball: use it to invert. Take the ball with the feet, make a squad, a pass the ball between the silks to the other person.
- c) From Pike position, explore different movements/positions

Calm down:

- Stretching. During they stretch, facilitators make a connection with the technique and progressions from the pike position and their possibilities.



ACROBATICS ----- Dries, Tina, Michelle, Annü

----- Target group: 12-18 years old, new group

Welcome: Who knows what acrobatics are?

Different questions to the group:

- a) make a shape that represents you:
 1. this morning
 2. in the beginning of the lesson
 3. how do you think you will end the lesson
- b) move around the space, when stop, do the 1st, 2nd and 3rd position

Warm up:

With **1 shoe**, the facilitator makes different movements with the shoe, and the group translates the action with their body (jumping, rolling, turning...) (*interesting how the group understands the instructions). With **2 shoes**, by pairs, different action interacting together. (*not speaking, without corrections)

Specific warm up: in pairs

Cross the space, carrying the partner: first with a tensed position (economic), 2nd with a relaxed position (uneconomic), 3rd, with the most beautiful way.

Exercise I: to build groups/ **support points:** walk around, the facilitator says a number, they have to build a shape with the same numbers (3 hands and 4 feet....) Last one: only with digits (----going to the handstand)

Exercise II: Build a group pyramid using the first letter of their names.

Calm down: they ask to the group if somebody wants to propose an exercise to relax.
Lay down on the floor, contact and relax the body within breathing

End of the lesson: They ask to the group to make the 3rd position that they asked at the beginning of the lesson, and make a review if it has change or not.



BALANCE ----- Wibbe, Valentina, Geraldine
----- Target Group: circus trainers

Welcome: Introduction/ explanation about the them of the lesson: how to improve the balance skills.
How to create materials for use it for the end of the course.

Warm up: 7 globes around the space. When the music starts, walk around, when music stops, get up into one globe. The person that has not a globe, goes to the corner (prision) and do special actions with other globe and one assistant (get up/down). The rest of the group encorages him/her.

Variant: only 3 globes for 7 people, when the music stop, 2 by two: one take the globe, the other one get up/down.....stay in balance.....

Exercise I: One globe for everybody, warm up staying up on the globe and make the penguin walk. If you need help, ask for it

Exercise II:

"1, 2, 3 Flora" One person counts with his back to the group: 1, 2, 3 Flora. The group moves to him/her, and when the one that counts turns around, the group must remain in balance on top of the globe (made with one assistant)

Exercise III:

One globe in the scene. Imagine what can be the globe, change the meaning of the object and build a little history. Only 3 people interacting at the same time.

Exercise IV:

Globes in a file, (blocked or not on the floor), and rings to jump also on the floor.

- a) jump over the globes (with helpers)
- b) add progressions

Exercise V:

2 globes 2 persons

Creative research by pairs, hanging with one hand, looking for different movements. All the pairs at the same time, and find a final position on the floor.

- a) jump over the globes (with helpers)
- b) add progressions

Exercise V:

2 globes 2 persons

Creative research by pairs, hanging with one hand, looking for different movements. All the pairs at the same time, and find a final position all together.

Calm down:

All together, take the globe with one person seated in the globe, and elevates the globe to the air. First sitting, second stood up.

