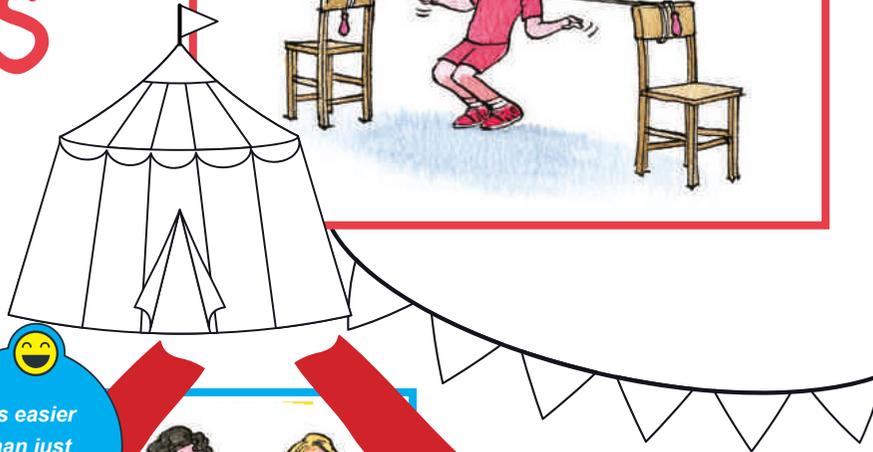


#Together

CIRCUS SKILLS

All the fun of the big top!



Limbo

Walk under the rope without touching it...
how low can you go?

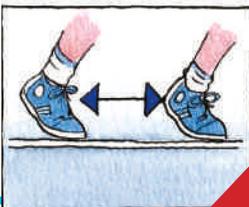


Tightrope Walking

- Lay a rope or mark a line on the floor.
- To stay balanced keep your eyes on a fixed point ahead and don't look down.
- Walk the rope with a series of one foot balances.
- Now set challenges along the way such as turning around or stopping to pick something up along the way.



! Take care when placing feet on the rope.



😊
It's easier than just walking, try it!

Juggling

On your own: start with one ball and throw from hand to hand in the shape of an arc.

- Move to two balls and



throw the second when the first is at the top of the arc.

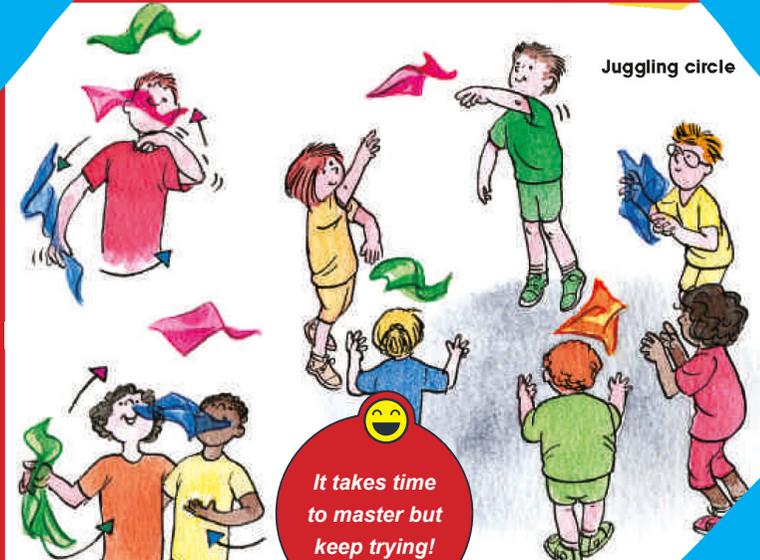
- Move to three balls and start with two in one hand and throw the third ball under the second in a lower arc.

In a group, work together to juggle between you,

send balls clockwise or anti-clockwise, and introduce races.

Try juggling with scarves, flannels or tea towels as they move through the air slower and are easier to catch.

💡
Rolled up socks make great juggling balls!



Juggling circle

😊
It takes time to master but keep trying!