

Session plan and risk assessment

Circus skills

Session length: 75 minutes

Instructor/participant ratio: 1/12

Session aim: to enable children to discover and practise various circus skills such as juggling, etc... To learn the vocabulary linked to this activity.

Equipment required: all items are in the "circus skills box" in the games room, the keys for the circus box, walky-talky (if available) and a first aid kit.

Suitable activity areas: in the games room if it is raining or outside weather permitting.

Time	content of the activity
-10	Preparation of the activity: Check the information regarding the group: age, aptitude, experience and number of children Check that you are aware of medical problems Prepare your equipment if needed (outdoor activity)
0	Meet the group Check the group: correct group, number of children, medical information, and correct clothing/shoes worn.
5	Presentation of the activities Introduce yourself and describe the activity. Safety brief. Explain the organisation of the session.
15	Warm Up Choose an item that you will use to get the kids warming up. Select one quite easy to manipulate and to adapt. Try to use games for this part.
30	Practice Choose the items you will practise with the children. You can organise the practice time in different ways: <ul style="list-style-type: none">- Have the whole group practising the same item



- Make smaller groups and make them rotate between different items
- Let the children practise the items they would like (Keep good control of them if you do this technique and make sure everybody practises at least 2 items)

In any case, before practising, you will have to demonstrate how to use each item you chose. Don't forget to tell the children the safety rules as well.

Be ready to help the children. Give them some advice adapted to their level.

Explain that they will have to do a demonstration/show by the end of the session.

60 **Show time !** Sit the children in a circle, each of them presents one of the items he/she has learnt to use.

70 **Review**

Review the activity using the appropriate review tools as listed below and language used.

75 Finish the review and thank the group.

Put the equipment back in its correct place. Make sure that the equipment is tidied away flat and put the diabolo strings away correctly.

Some rules and advice:

Don't forget to fill in the workbooks (at the beginning or the end of the session)

During 1 hour, you should encourage each child to practise at least 2 different items.

Choose some items you're good at. Don't forget that you will have to demonstrate them in front of the group. You can borrow equipment to practise during your breaks (but the equipment must stay on site). There is no secret: the more you practise, the better you'll be!

Set up some zones, clear for everyone and adapted to the item (be careful with the high ceiling for diabolos for example)

Let the participants be imaginative. But ensure that they respect the equipment they are using.

Be REALLY vigilant at tidy up time ...

Review tools for circus skills:

What I liked

Positive feedback

Progression

Language linked with the activity



Danger	Risk	Persons at risk	Degree of probability	Control measure	Consequence
If outside; hot weather	Sunburn, dehydration	Group / Instructor	Medium	Instructor to provide sun cream and give drinks at breaktime	Low
Getting hurt by object when practising (balls, devil stick,...)	Injury	Group / Instructor	Medium	Instructor to give a safety brief and to make sure that the children are well spread out and to keep control of the group	Medium
Tripping over an object or slipping	Injury	Group / Instructor	Medium	Instructor to give a safety brief, tidy the area and to make sure there is nothing dangerous on the floor.	Medium
Damaged equipment	Injury	Group / Instructor	Medium	Instructor to check all the equipment before giving it to the children	Low
Bad use of equipment	Injury, breaking the equipment	Group / Instructor	Medium	Instructor to explain rules about each item; to make sure there is enough space to use them; to remain vigilant throughout the activity.	Medium

