

The Circus Academy

Led by Chris Sly BA PGCE



..... **Training young people in physical**

- ✓ **Promoting positive behaviour**
- ✓ **Challenging the fear of failure**
- ✓ **Raising self-esteem**

The Circus Academy

- An In-School Circus Initiative -



What is it?

A series of fun but highly structured workshops in circus skills, taught to young people, teachers or parents in schools. Skills include juggling, balancing, basic acrobatics, plate spinning and diabolo.

What does it look like?

A workshop may be between 40 minutes and 1 hour long. Initially there is a group activity with warm up – followed by individual skills practice and training. Participants are encouraged to try different skills but may wish to specialise in a particular area.



What are the benefits?

- Reinforces positive behaviour
- Boosts self-esteem and confidence
- SEN/EAL participate on equal terms
- Challenges the fear of failure
- Provides non-competitive physical exercise
- Promotes group skills and team-work

How long does it take?

The skills are taught to a group on a once weekly basis for several weeks, with the workshop leader monitoring improvement

Who is it for?

Recommended for Years 3 to 6.
Can also include teachers, parents



Where does it take place?

School halls are usually ideal – for a group of max. 30
In warmer weather, classes may take place outdoors