



Circus Skills

learnlink™

About the activity

Here's the chance for your pupils to develop some of the skills of the circus performer! Spinning a plate on top of a stick, juggling and performing basic tricks with the diabolo are all just a bit more difficult than they look! All of our featured activities are about individual achievement, and anyone can acquire the skills. However, qualities such as concentration, perseverance and practice will increase the chances of success!

Activity aims

The aim of this activity is to:

- Introduce some skills seen at the circus and the necessary equipment.
- Allow each participant to experience circus skills.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Improve the quality and consistency of circus skills, balance and hand eye coordination.
- Take the initiative in evaluating their performance and that of the group.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Agility skills
- Using initiative

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated a number of different circus skills in activities.
- Used specialist equipment and understood its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety	e.g. hazard, risk assessment, safety area.
Words relevant to equipment	e.g. juggling sticks, diabolo, spinning plates.
Words relevant to the activity	e.g. juggling sticks, diabolo, spinning plates, balance, hand eye coordination, circus skills.
Words relevant to teamwork	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support.