Cycle 3 primary

Performs
movement skills in different physical activity settings
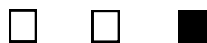
Circus Arts
Document 1 (LE)

February 2012

Physical Education and Health

Title: **Circus arts**

Cycle :	Number of class
☐ ☐ ■	☐ ■ ☐ ☐ ☐
1 2 3	4 5 6 7 8

Competency :

■ Performs skills in different physical activity settings

☐ Interacts with others in different physical activity settings

☐ Adopts a healthy, active lifestyle

Concepts to be learned :	Material :
• Juggles different patterns, using 2 or 3 objects • Catches an object using an implement • Catches a variety of objects used in specialized activities, with 3 objects • Juggles different patterns while moving using 2 or 3 objects	• Scraves • Balls • Pins • Flower sticks • Diabolo • Chinese plates • Hoops • Evaluation document • ANNEX

Observables elements :

Juggling :
- Hand/ eye coordination
- Fluid movement
- Minimum 3 cycles

Flower sticks
- Fluid movement
- Synchronisation
- Hand/ eye coordination

Diabolo:
- Fluid movement
- Synchronisation
- Hand/ eye coordination

Chinese plates :
- Fluid movement
- Synchronisation
- Hand/ eye coordination

Pedagogical intent:

Be able to present a performance with one of the 4 tools available

Safety:
- Don't go over your body limits
- Uses mats when working with high implements
- Don't be to close from other student
- Ask help when needed

Settings :
- Le cirque du soleil
- Animals performance

Class : 1   Class intent : Discover the different tools of the circus arts

Execution :

Place the gymnasium in 4 workshops. Split the students in 4 teams. Do a rotation in equal time of the teams. Let the student explore without giving any technical indications.

Wrkshops #1 Juggling :

- Ask the student to juggle
- Require to try all the tools

Workshop #2 Flower sticks

- Ask the student to try to use the flower sticks

Workshop #3 Diabolo

- Let the student experiment

Workshop #4 Chinese plates

- Ask the student to work with the plates

Material :

Workshop #1:

- Scarves
- Pins
- Ball
- Hoops
- Bean bags

Workshop #2 :

- Flower sticks
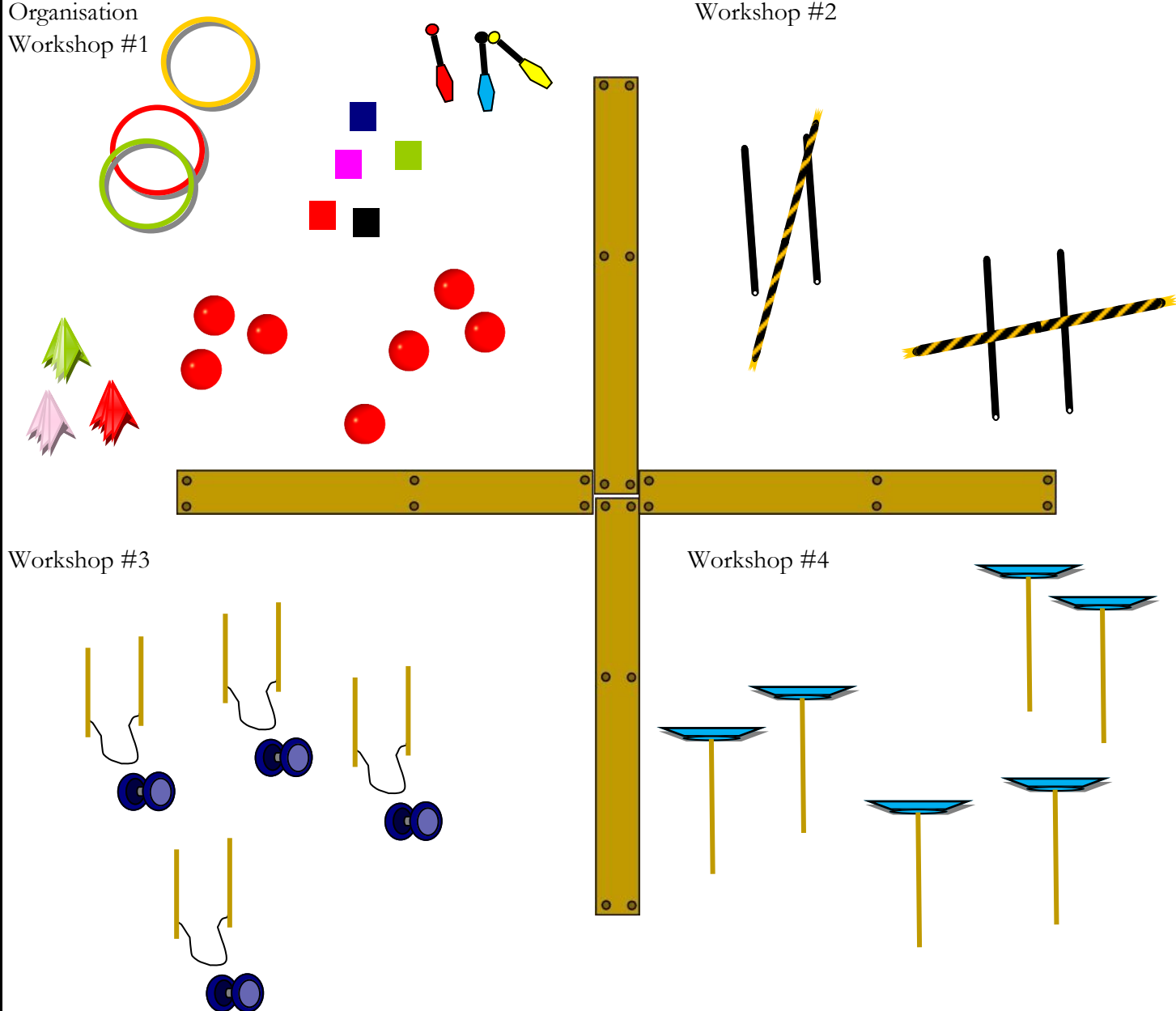
Worshop #3 :

- Diabolos

Worshop #4:

- Chinese plates

Organisation

Workshop #1

Workshop #2

Workshop #3

Workshop #4

Come back: Ask the student who they find the exploration. Ask the student if they had succeed, whitch movement they use and if they failed, who could they improve.

Class : 2	**Class intent : Present the juggling and flower sticks techniques**

Execution :
Split the calss in 2 sections
Step #1: Present juggling with 2-3 objects techniques
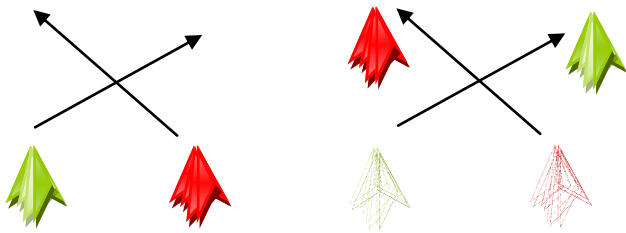Step #2: Ask students to pratices with 2-3 objects
Step #3: Present flower sticks in the air and on the ground techniques
Step #4: Ask the students to pratices flower sticks on the ground and in the air

Material :
- Scarves
- Balls
- Flower sticks
- Hoops

Start with the scarves. Do a cross throw with 2 scarves

For the students who have more skills, ask them to do the same exercise with balls.

2 objects criteria:
- Elbow 90º
- Throw over the head on the opposite side

3 objects criteria :
Do a cross throw with 3 scraves
- Add a scarves in the dominant hand
- Throw the fisrt scraves with the hand who contains 2 (1)
- Throw the scraves from the other hand (2)
- The first scraves starts his drop (3)
- Throw the last objects (4)
- Catch the first one (green), then the second (red) and the last one (blue)
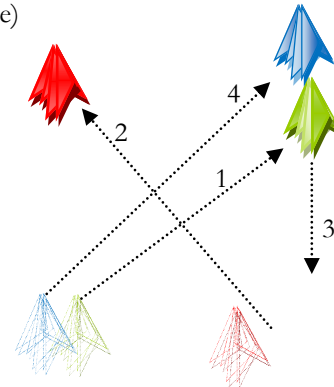
Demonstrate the ground flower stick technique

Stick on the ground criteria:
- Crouch down and place the stick on the ground in front of him/her
- Swing the stick from left to right with the little sticks without leaving the ground

Tic-tac criteria:
- Start tic-tac on the ground
- Slowly stand up while continuing pushing the stick without hitting it
- Keep the little skicks horizontal
- Keep the stick vertical

Alternative: Ask the students to stand in a hoop and to pratice without getting out of it.
Come back : Ask the student what they found difficult and what they found easy.

Class : 3	Class intent : Present diabolo and chinese plates techniques

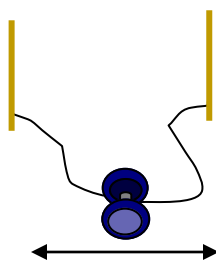| Execution :	Material :
Split the class in 2 Step #1: Present diabolo techniques Step #2: Ask the students to pratice with the diabolos Step #3: Present chinese plates techniques Step #4: Ask the students to pratice with the chinese plates	• Chinese plates • Diabolo • Hoops

Strat with the diabolo on the ground to give it a good rotation

For the student with more skills strat the exercice in the air

On the ground criteria :
•   Create a back and forth movement
•   The dominant hand creates the rotary motion
•   The 2 arms are at the same height

In the air criteria :
Create a rotation motion in the air
•   Create a back and forth movement on the ground
•   The dominant hand create the rotary motion
•   The 2 arms are at the same height
•   When the diabolo have a good motion, rise it up in the air

Demonstrate the chinese plates techniques with the finger

Plate on the finger criteria :
• Place the finger in the center of the plate
• Keep the finger straight
• With the other hand, create a rotation
• Make rotary motion with your finger to keep the plates stable

Sticks criteria :
• Keep the stick vertical
• Place the center of the plate on the stick
• Pinch the plates with two fingers and create a motion
• Create a rotation motion with the stick

Alternative: Ask the students to stand in a hoop and to pratice without getting out of it.
Come back : Ask the student what they found difficult and what they found easy.

Class : 4   Class intent : Choose ONE tool and present the tricks for each

Execution:

- Ask the students which tool they want to be evaluate with
  - Juggling
  - Diabolo
  - Flower sticks
  - Chinese plates
- Presents the 6 tricks for each tool (Evaluation document)
  - 2 Easy 1pt
  - 2 Medium 2pts
  - 2 Hard 3 pts
- Tell them they'll have to choose THREE tricks for the evaluation
- They'll have to execute during **30 seconds OR 3 cycles** their trick if they want the points of their tricks
- They'll have 2 attemps per trick
- Let the student pratice their tricks

Material :

- Juggling:
  - Balls
  - Scraves
- Chinese plates
- Diabolo
- Hoops
- Flower sticks
- Posters that contains the tricks
  - Juggling (Annex 1)
  - Flower sticks (Annex 2)
  - Diabolo (Annex 3)
  - Chinese plates (Annex 4)

Class : 5   Class intent : Practice the tricks and prepare for evaluation

Execution:

- Ask the students to produce their presentation when they are ready
- Ask the students to show the 3 choosen tricks
- Evaluate the student with the evaluation grid (Evaluation document)
- Let some time for the student to present their tricks

Material :

- Juggling:
  - Balls
  - Sraves
- Chinese plates
- Diabolo
- Hoop
- Flower sticks

Cycle 3 of Primary

Performs
movement skills in different physical activity settings

Circus arts
Document 2 (Evaluation)

February 2011

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Physical Education and Health

3 balls on the ground

2 balls and 2 hands

2 balls and 1 hand

3 balls and 2 hands

<u>Elevator</u>

3 balls and 1 hand

Half turn

<u>Arms crossed</u>

Throw catch

| 1 | 2 | 3 |

| 4 | 5 | 6 |

Knee

1

2

3

4

5

6

7

Helicopter

Propeller
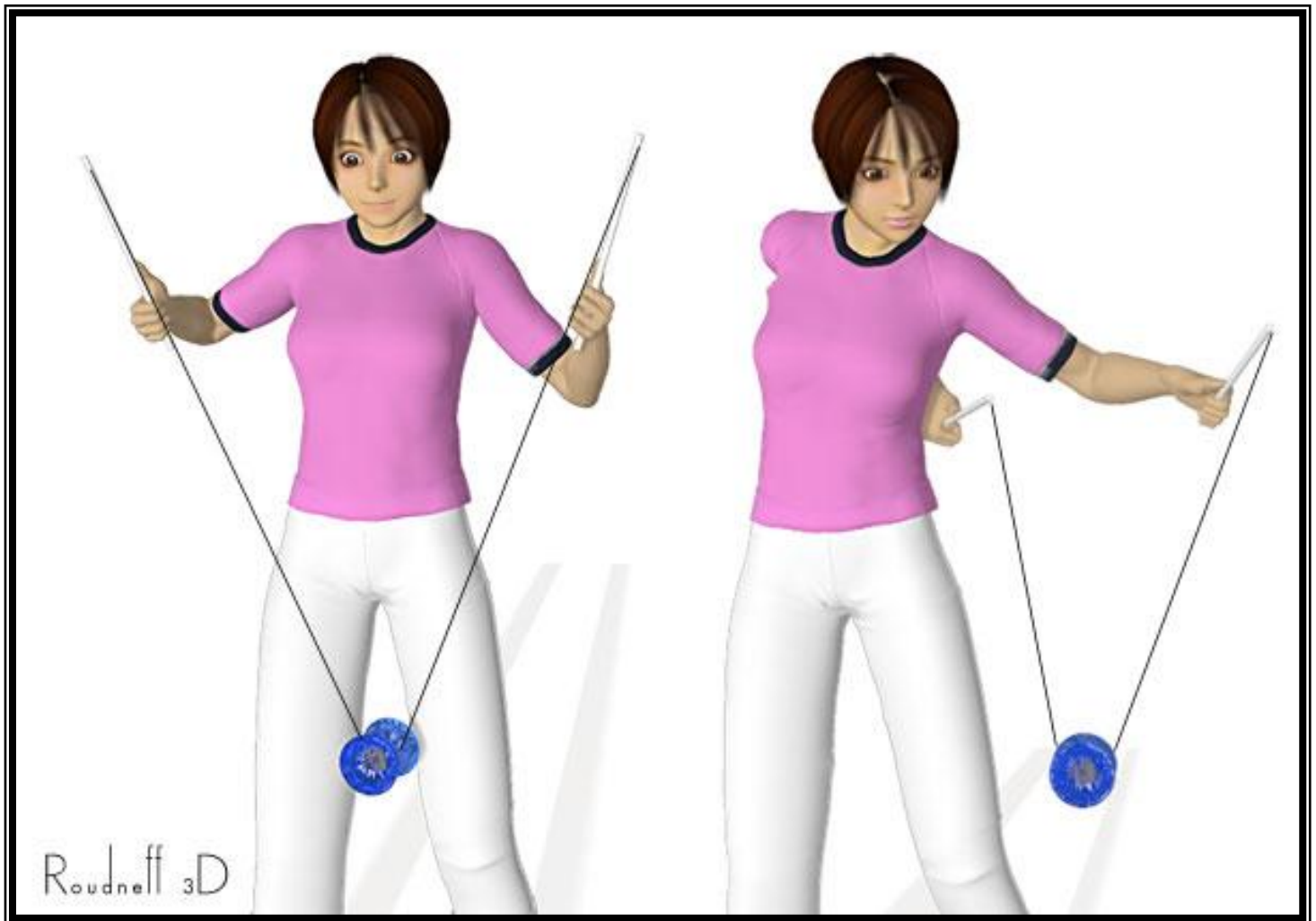
1

2

3

4

5
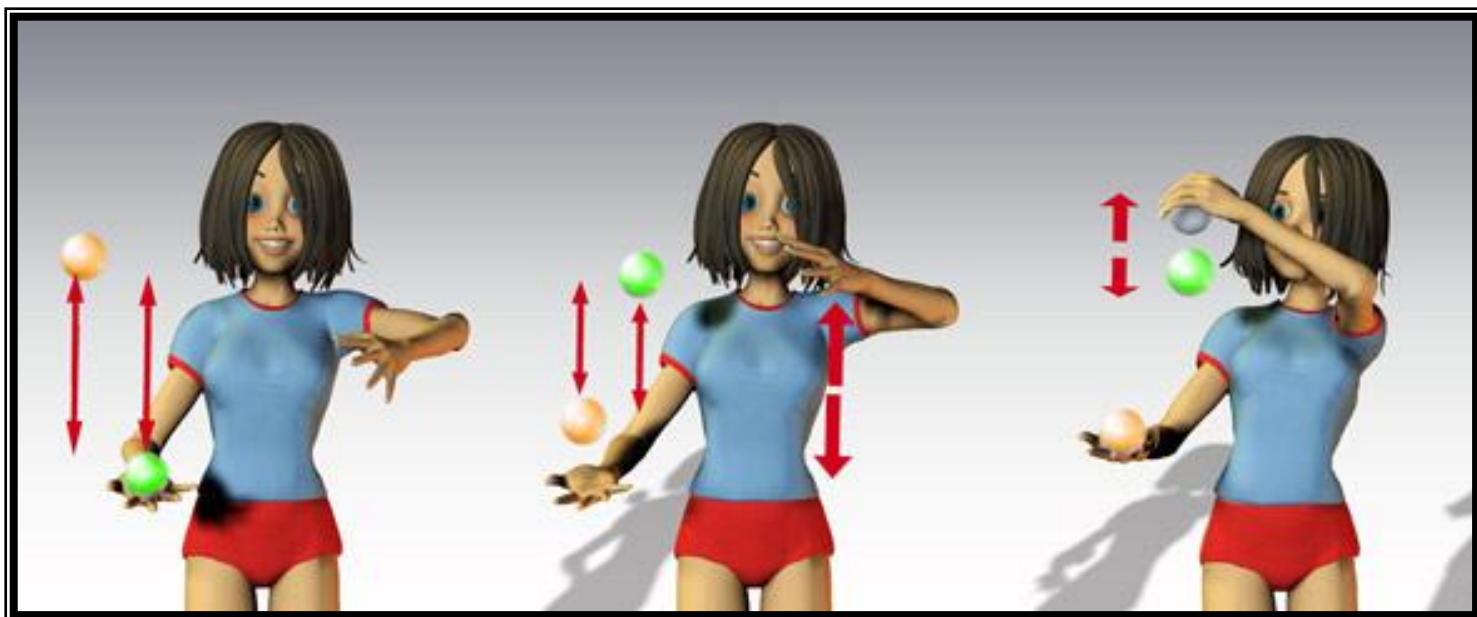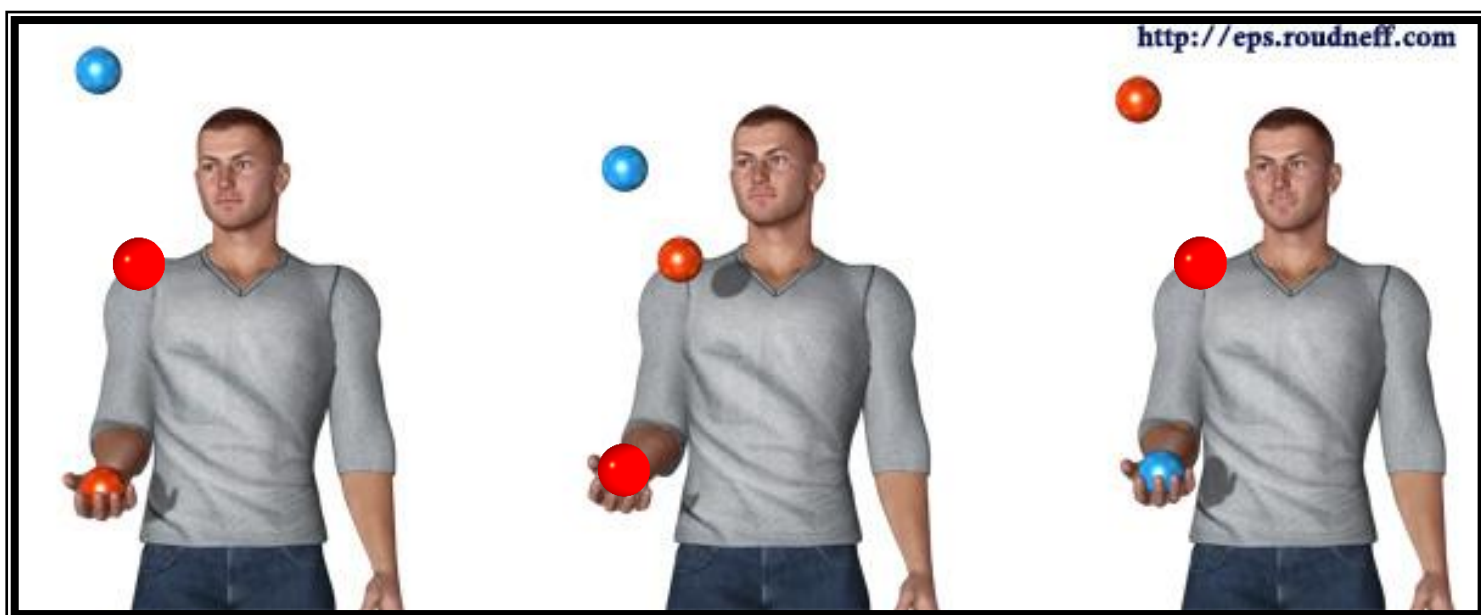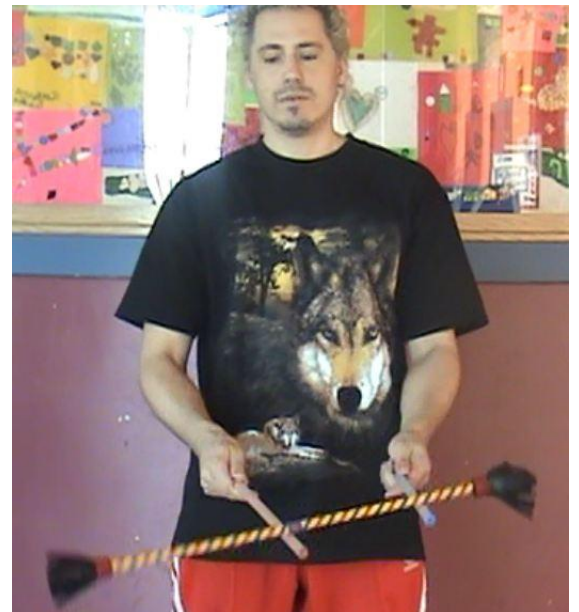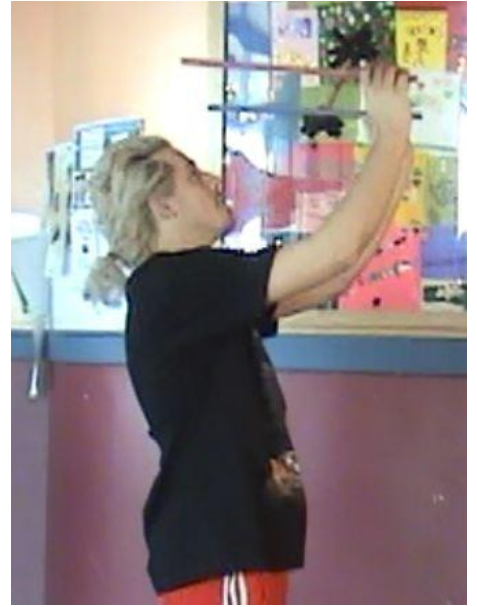
Throw and catch
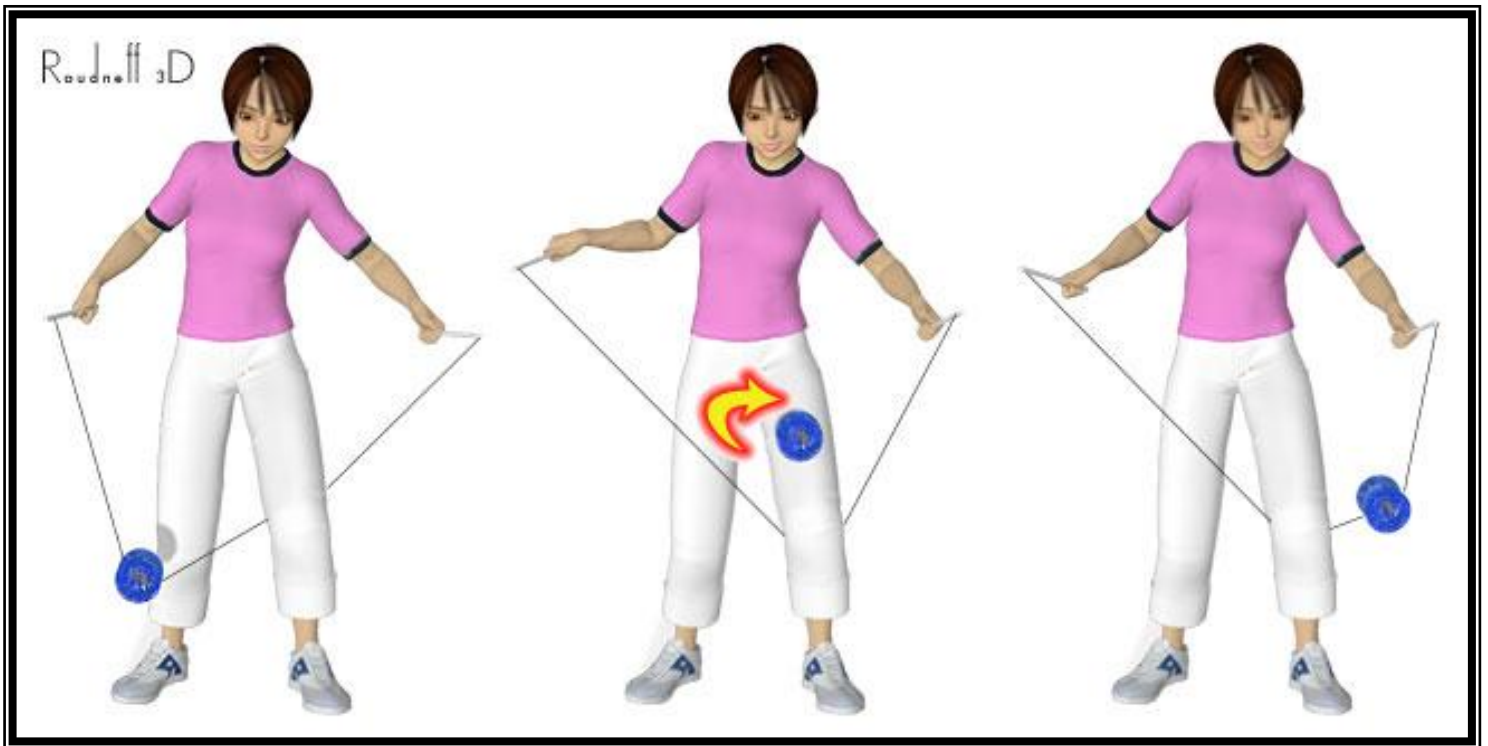
Throw, cross and catch
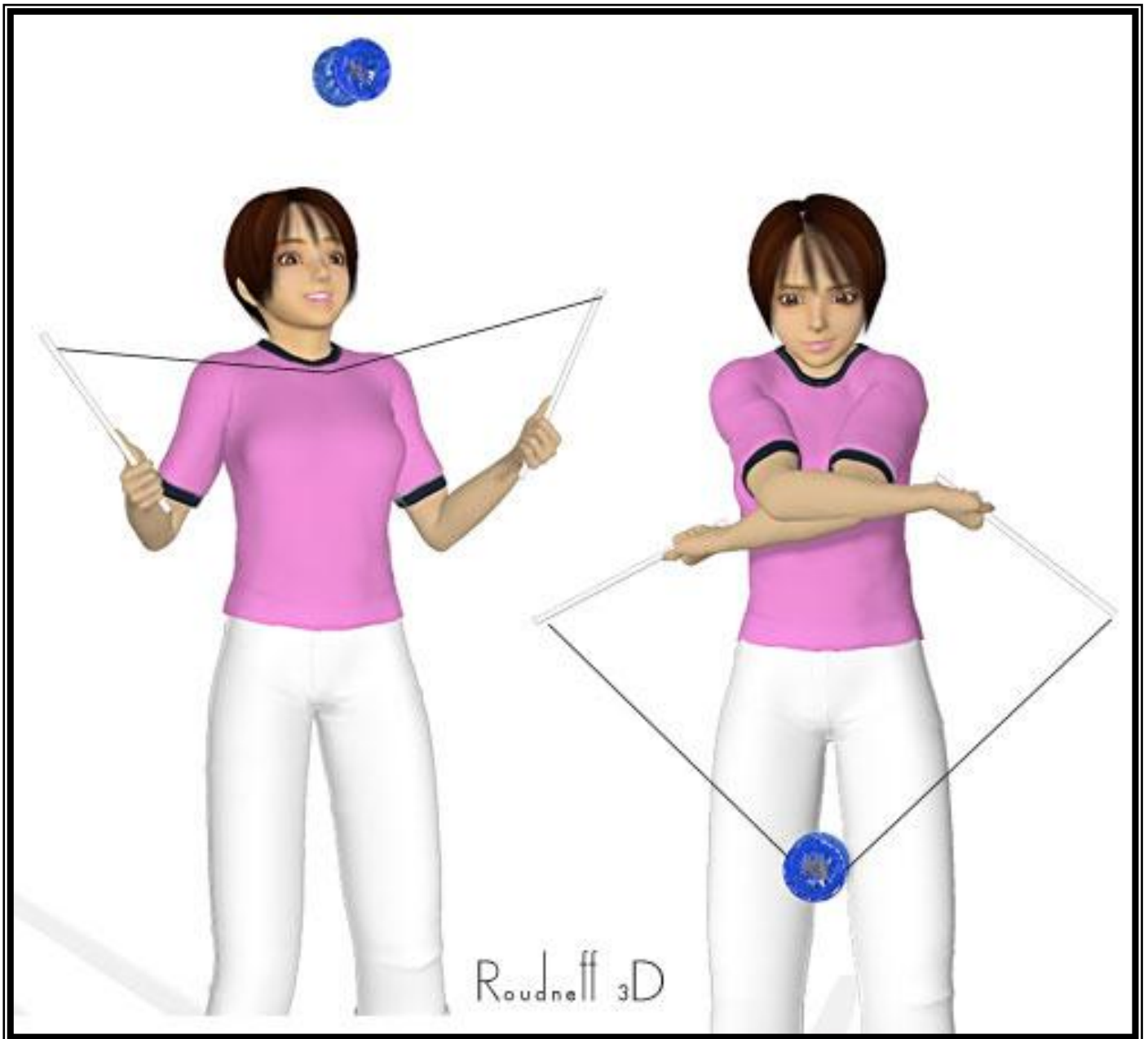
Throw and catch in X
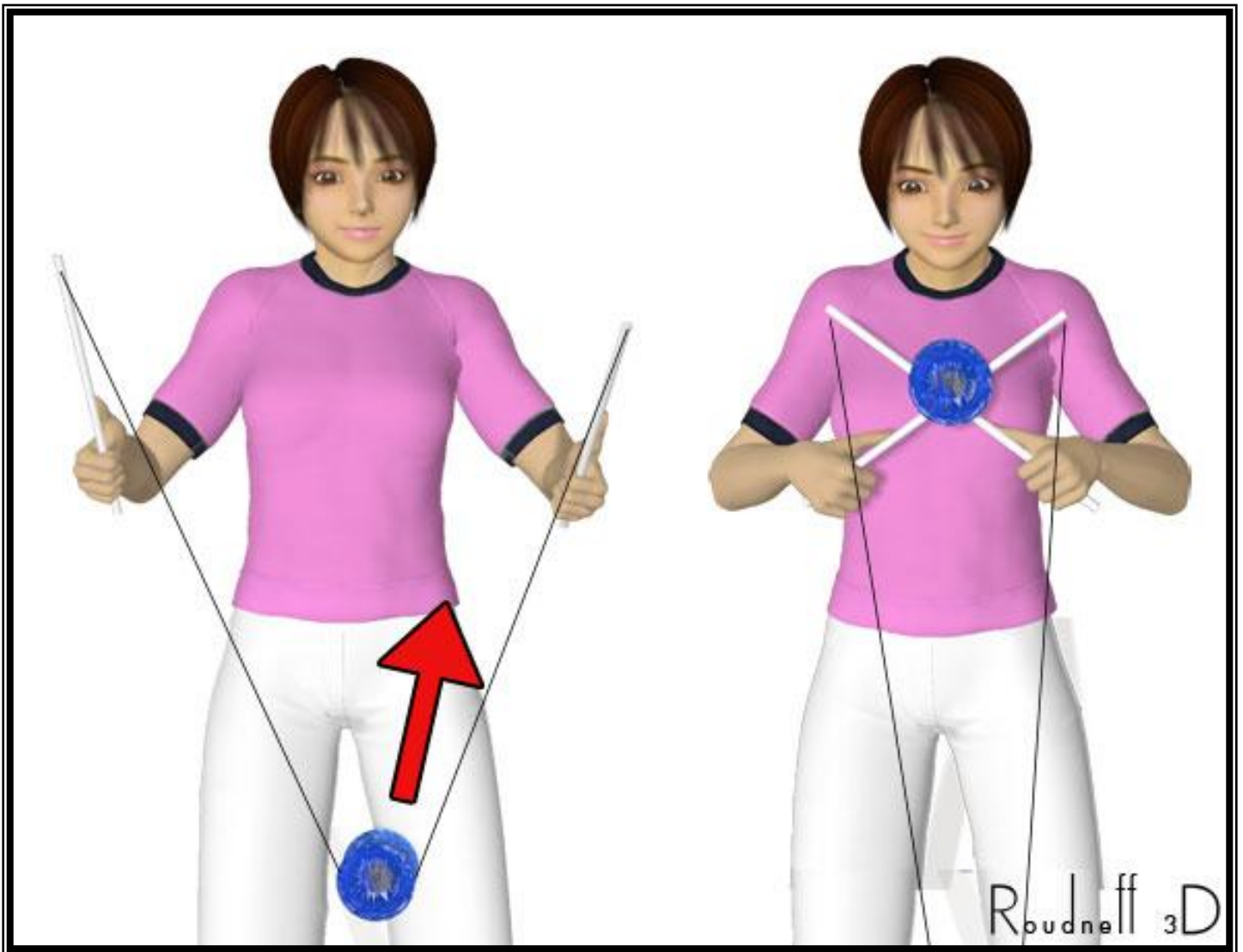
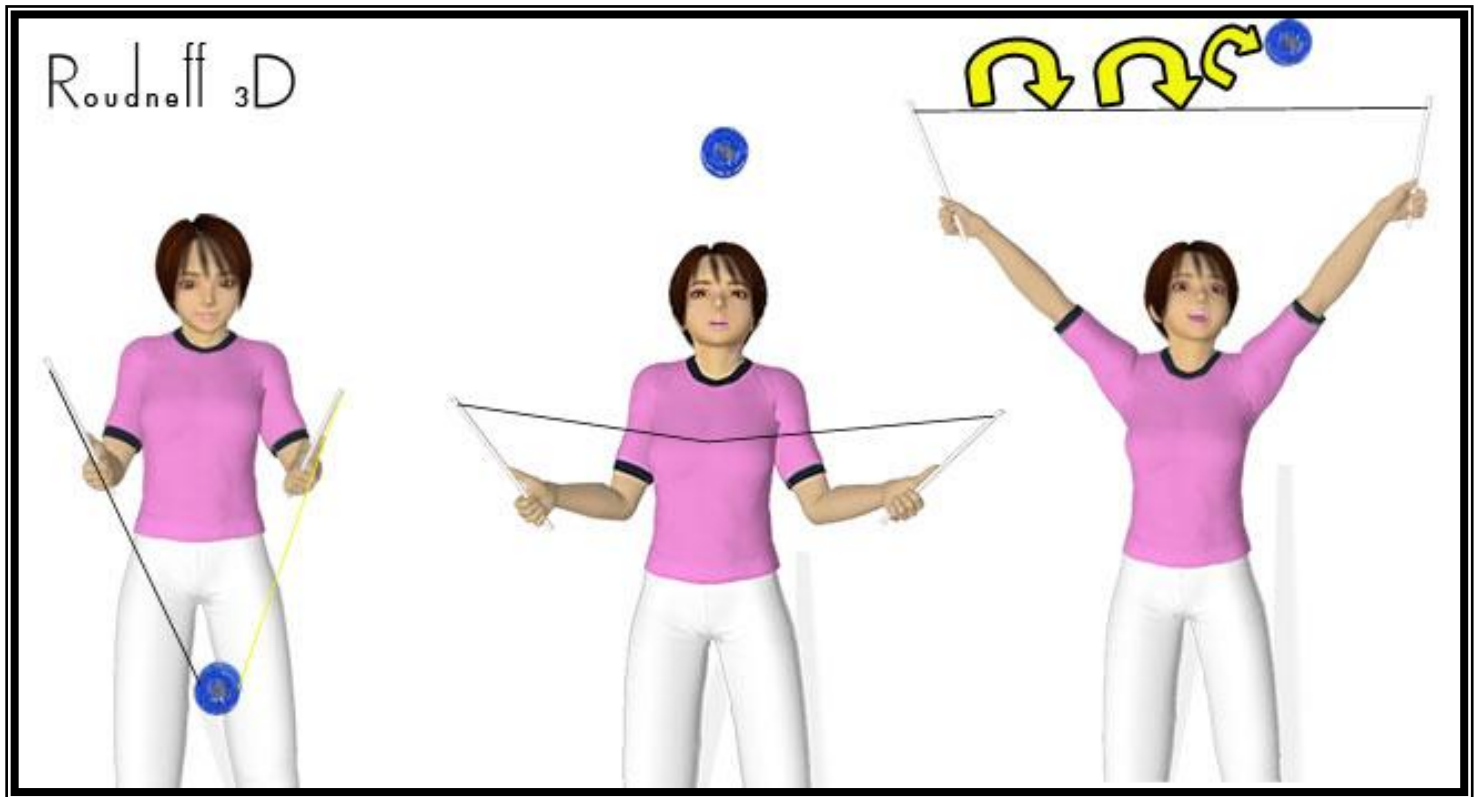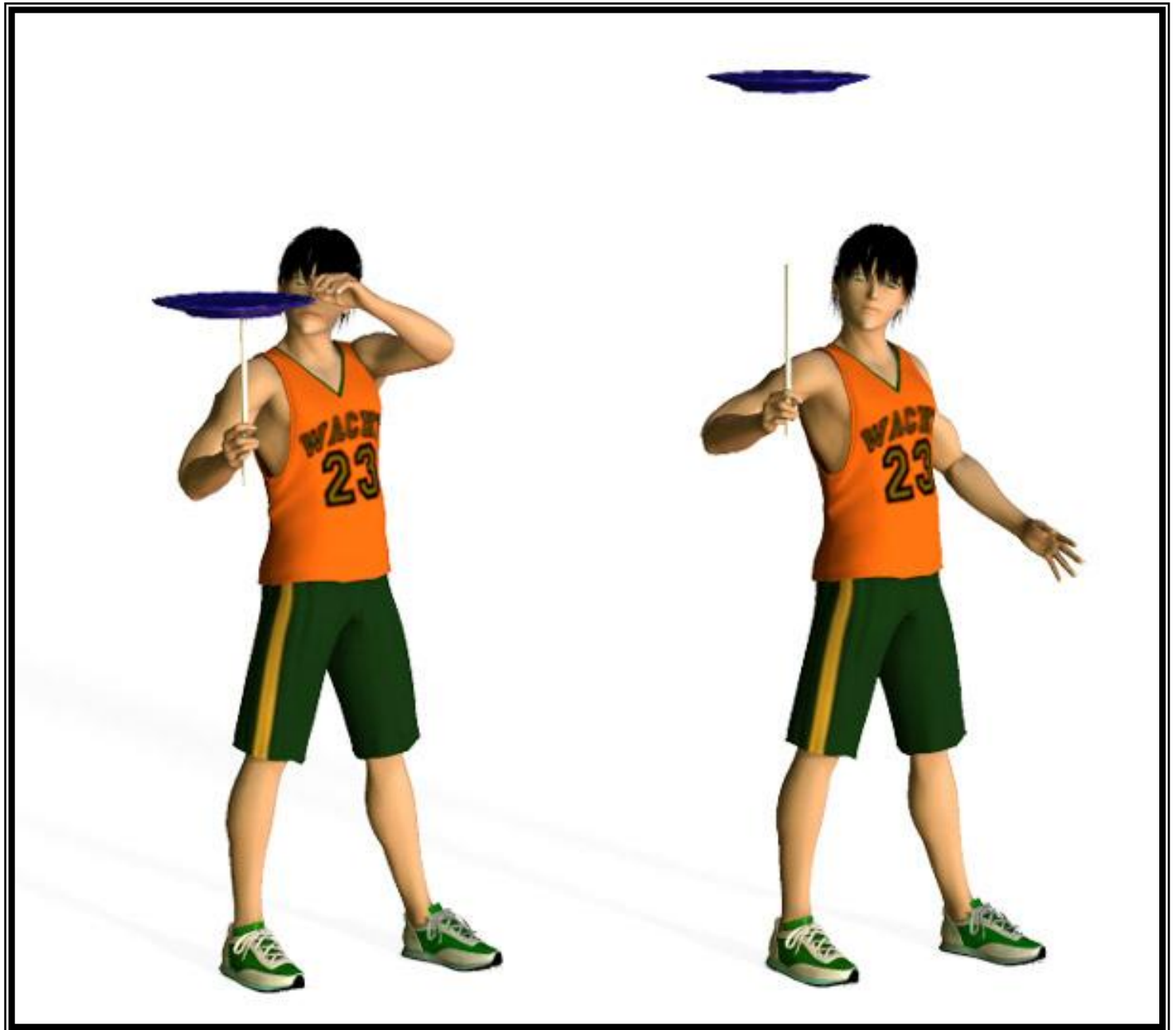# Throw, hand behind back and catch

Throw, leg over and catch
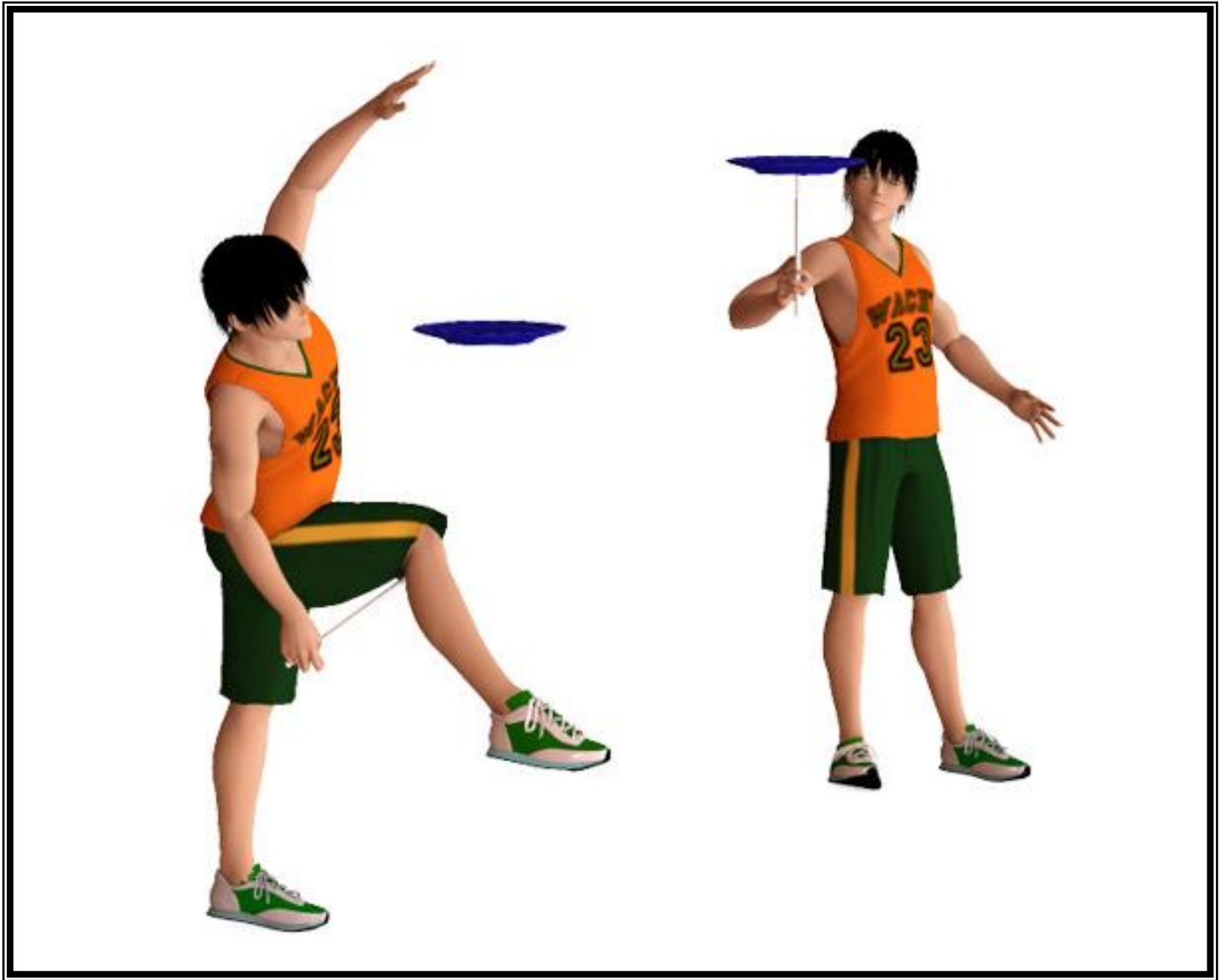
Throw, bend and create bounds

Throw and catch

Hold in one hand

Throw over the led and catch

<u>Hold 2 sticks in 2 hands</u>

Hold 3 sticks in 1 hand

Hold on the forehead

ANNEXE 5 OBSERVATION TEACHER GRID
CIRCUS ARTS

Name : _____ Group : _____ Year : _____

☐ Juggling ☐ Flower sticks ☐ Diabolo ☐ Chinese plates

Trick #1 Name : _____	• Succeed : trick value 1 2 3 • Choice adapted to their aptitude /1 • Fluid execution /1	**/5**
Trick #2 Name : _____	• Succeed : trick value 1 2 3 • Choice adapted to their aptitude /1 • Fluid execution /1	**/5**
Trick #3 Name : _____	• Succeed : trick value 1 2 3 • Choice adapted to their aptitude /1 • Fluid execution /1	**/5**

Comments :

_____

_____

_____

_____

_____   Total mark :   /15