

Tiny Circus

1. Objectives:

- Developing fine motor skills (right vs left, contralateral movement, coordination)
- Communication and relationship development (taking turns on apparatus, waiting patiently, sharing, working together)
- Following directions and listening skills
- Creative play with physical activity focus
- Circus, dance, and acrobatics vocabulary

2. Curriculum:

- Comprehensive warm-up, safe for physical activity
- Acrobatics and tumbling
- Creative movement and dance terminology
- Aerial apparatus introductions (sling, hoop, giant loops recommended - trapeze can also be used)
- Sequencing (for retention, memory, and focus)
- Free time for creative expression
- Cool down, for effective re-focus and active listening

3. Tools utilized:

- Aerial apparatuses: sling, hoop, giant loops, trapeze*
- Mats (all sizes for various ground work)
- Sliders (for coordination and strength)
- Balance beam
- Gymnastics bar
- Hula hoops
- Floor markers for designated standing spots
- Optional: scarves, bean bags, ribbons, parachute, yoga blocks
- Guided creative movement music (for active listening skills and creative expression)