

Health and Wellbeing - The Circus.

Select and complete at least 2 of the activities in the grid below.

Learn to Dance with Oti Mabuse from Strictly Come Dancing,

She will show you how to dance to 'The Greatest Showman'

https://www.youtube.com/watch?time_continue=7&v=EJmpCH9p2X8&feature=emb_logo

THE GREATEST SHOWMAN

Learn to Juggle with the Big Apple Circus

Please use soft items in an open space (e.g. in the garden) Practise with a parent present and make sure there are no tripping hazards near you.

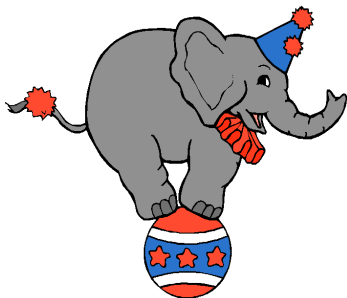
<https://www.youtube.com/watch?v=YEDuPiIroh8>



Practise your Balancing Skills with the Big Apple Circus

https://www.youtube.com/watch?time_continue=11&v=VNrhj1m69w&feature=emb_logo

Please start by balancing smaller objects in an open space e.g. a wooden spoon. Practise with a parent present and make sure there are no tripping hazards near you.



Garden Obstacle Course - Circus Theme

Create a garden obstacle course that is circus themed. Think about some of the skills they use and the acts they perform. Create a safe range of circus themed activities the whole family can participate in.

(e.g. walking along a skipping rope on the ground could represent the tightrope walk).

