



# Circus Class Plan #1

## Warm-Up

Developed by Birdy's Kids in Motion™

YOUTUBE LINK TO VIDEO: <https://youtu.be/YvxlaE4MCzg>

**Fly on the Trapeze side to side with arms up**

**Put on your Clown Wig**

**Put on your silly clown clothes**

**Put on silly clown shoes, count them 1-2**

**Show me your floppy shoes**

**Tap one foot out front, then the other with hands on hips**

**Stop and grab your crazy hair,**

**look up and down, up and down (repeat and go faster)**

**Still holding your hair; side to side to side to side (repeat, faster)**

**Hands up in the air; Show me your muscles**

**Raise one arm up and then the other (repeat, faster)**

**Crazy muscles and crazy hair (move head and arms side to side)**

**Hands up and then sit on the floor with knees out and heels touching**

**Snap knees together and hold them shut**

**Push your knees to the floor**

**With legs out straight, drive your clown car with both hands in front**

**Turn the wheel one way and crash (fall over)**

**With legs out straight, drive your clown car with both hands in front**

**Turn the wheel the other way and crash (fall over)**

**With legs out straight, drive your clown car with both hands in front**

**Put on brakes and stop (lean backwards and lie flat on floor)**

**Grab your knees**

**Put hands out to side**

**Lean back and raise feet from floor. Balance**

**Preschool Foundations Referenced:**

**Perceptual-Motor Skill and Movement Concepts**

**1.0 Body Awareness**

**3.0 Directional Awareness**

**Fundamental Movement Skills**

**1.0 Balance**