



CIRCUS SKILLS



KS1

TEACHER GUIDANCE

THE CHALLENGES

Challenge One- **Strongman (Agility)**

Challenge Two- **Trapeze (Dynamic Balance)**

Challenge Three- **Lion Hoop Jumps (Coordination)**

Equipment (based on class of 30 working in pairs)

Timer - stopwatch, watch or phone

30 x Markers - if not, floor spots, slalom poles or larger markers.

15 x Sticks - e.g hockey sticks, rounders poles or slalom poles

15x Hoops

Implementation

Either show the **videos** to your pupils or demonstrate each challenge to them. Allow pupils to practise, before asking them, or their partner to count their scores.

Score Collation

Collect the **best** score of each pupil on the paper **scoresheet** provided or input directly onto the **excel spreadsheet**. Scores taken on the paper scoresheet will need to be transferred to the excel spreadsheet. This excel spreadsheet is kept by the school, and not submitted. Inclusion of pupils' names is optional but can be useful for you to review school rewards and personal best achievement. The excel spreadsheet will collate the scores and provide you with an **average score** for each class in the yellow section. The excel spreadsheet allows six classes to be completed with a class size of up to 35. Additional spreadsheets can be used if required. The [excel spreadsheet can be found here](#) and the [paper scoresheet here](#).

On Line Scoresheet

The **average scores** from the excel spreadsheet should be submitted **online**. The deadline for submission is **14 May 2021**. Please [click here to submit your average scores](#).

Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

"I would prefer to fail with honour than win by cheating" - Sophocles

