

ACTIVITY ORGANISATION & RISKS ASSESMENTS

CIRCUS SKILLS

Activity duration : 1h15

Staff/participants : 1/14

Objectifs : Learn the french vocabulary associated to the activity. Initier les enfants à différents accessoires de jonglage. Initiate the kids to practice different juggling accessories.

Necessary equipment : circus accessories (Big box in the games room), the boxe's key (In the anim local) and a first aid kit.

Where : games room/fencing room ; outside if the weather is good

Activity preparation (minimum 10 min before the activity)

Check the group's informations : age, capacity, experience and number of participant. Be sure to have all the necessary medical informations. Prepare the equipment if you need to (outside activity).

Pick up your group.

Be on time at the meeting point ! Check that everybody is here with the right equipment = medical necessary, appropriated clothes (comfortable clothes is recommended), workbook and a pen.

Presentation

Introduce yourself and the activity. Explain the organisation for the session. Ask each kid to present themselves. Use this time to know better about their own circus experiences and skills.

Getting started

To start the session, organise a warm up exercise to make them practice and being confident with the object. Choose an easy accessory to get the kids moving. Try to organise the warmup in a recreational way.

Practice

Choose the accessories that you want the kids try for the session. You can organise your practice time in different way :

- Keep the group with one accessory.
- Split the group into small groups and do rotations with the different accessories.
- Leave the kids practice on their own which object they want.

In all cases, **before making them practice one accessory** you must do a demonstration. Also, don't forget to give the safety rules to follow for a good utilisation. Be **very vigilant** and keep a good control of the group while practice time and make sure that everybody practices at least 2 accessories in one session.

Stay available for the kids and give them adapted advices to make them happy about the object.

Show/Demonstration

This moment is very important for the kids because they can show their practice to the others. It can develop the self-esteem and teach how to manage a stressful situation. (Stage fright). The objectif is not to make it difficult for a shy personality. N'imposez pas cet outil mais encouragez chaque participant à y faire face. Don't force the kids to use an object but encourage them to challenge themselves with it. It will give you a good hint about what you taught them.

Workbook

In the workbook, the relative section to circus is about the accessories you can use at the chateau. Then, in a technical way, three accessories are developed with a True or False exercise. At the beginning or at the end, the workbook can be used to talk about the session's vocabulary.

End of the activity / Tidying up

Do a debrief with the kids by asking them how they felt and by testing their language skills during the session. (Names of the objects, colors, body parts, actions during the practice time, ...). You can involve the kids to help you tidy the equipment, it will improve their autonomy. If you do it, keep an eye on how they respect it, be more vigilant for the diabolo equipment (rods and strings). Say thank you to the group and remind them the following part of the program (meal, small jobs, workbook).

Few rules and advises :

- With 1h of practice, you need to practice at least two accessories with each kid.
- To gain the kids' trust, you must be good with the objects that you want to show to make it accessible. Do not hesitate to borrow material during your breaks or on some defined worktime (It must stay on site) to practice.
No secrets : the more you practice the more confident you will be !!
- **Be very vigilant when you tidy !!** (Especially with the diabolos).
- Adapte the technical content of your session with the individuals and collectives' capacities of the kids to not make them frustrated.
- Set up some zones, clear for everyone and adapted to the item with the object chosen (Be careful with the ceiling height for the diabolos for example).
- Let the kids being inventive and creative but ensure you that the kids use the object correctly and respect it.
- To calm the participants' frustration, do not hesitate to put a background music during the practice (un poste is available in the box with CDs). **Cut the music when you do your explanations !**

RISKS ASSESMENTS

Danger	Risk	People at risk	Probability	Control measures	Results
Injury with an object while practicing (balles, devil sticks)	Injury	Group / Staff	Medium	Instructor explains the safety rules, assure that the children move away from each other to practice and manage the group	Medium
Damaged equipment	Injury	Group/ Staff	Medium	Instructor check the whole equipment before and during the activity	Low
Stumble on an object or slip	Injury	Group/ Staff	Medium	The instructors need to give the safety rules, make a clean area and nothing dangerous on the floor.	Medium
If outside : The weather is hot	Dehydration et sunburns	Group / Staff	Medium	Instructor gives sunscreen and water to the kids as much as necessary and during the break.	Low
Wrong utilisation of the equipment	Blessure Chute Endomagement de l'équipement	Group / Staff	Medium	Instructor gives some behaviour's rules for each object. Use an enough and appropriate space to practice the objects. He must stay vigilant during the whole session.	Medium
Wrong knowledge of the medical problems	Allergic reactions or something else (asthma attack....)	Group	Medium	At the meeting point, find the group and check the medical informations - asthmatics, EPIPEN, ...	Low
Belongings	Lost	Group	Medium	At the end of the session, give back the belongings (workbook, inhaler, ...)	Low