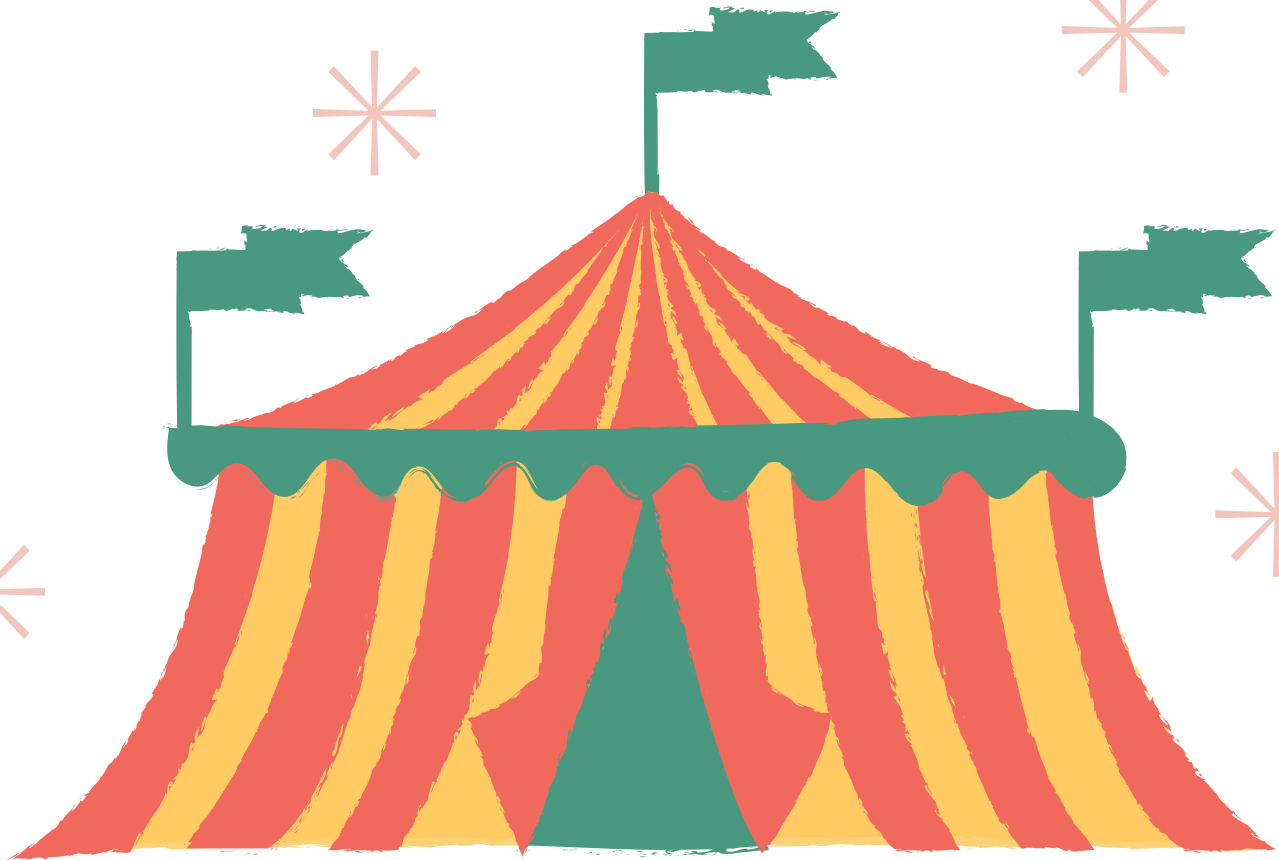


TRAVELLING CIRCUS

THIS SUMMER, IT'S TIME TO CELEBRATE
AND SAY GOODBYE TO LINING UP!

The following idea is meant to encourage fun
and active movement between activities.

ENCOURAGES
ACTIVE TRAVEL
AT CAMP



ages
5-6

ages
7-8

ages
9-12

ages
13 +

The circus arts offer another way to see and appreciate the practice of physical activities. This activity suggested lets you highlight multiple skills, while piquing each youth's interest and fostering their creativity.

Here, we suggest that you work with your campers to create a machine for moving from one activity to the next. The campers must use their creativity to invent a human parade float.

You'll be surprised how much easier it is to manage your group during transitions between activities.

HOW TO SET UP THE ACTIVITY:

- 1 Suggest a theme (animals, high-wire act, clowns, etc.). Better yet, let the campers in your group choose the theme!
- 2 Provide guidance by integrating elements to ensure that all the campers are included (highlight the strengths of each camper).
- 3 Give your campers time to prepare. You can even give them enough time to do crafts or create costumes.
- 4 Try out the means of movement chosen.



TO TAKE THE ACTIVITY A STEP FURTHER:

Use the notion of progression. In the second week, for example, add challenges that allow your campers to discover and practice new skills.

- Ask the machines to move backwards, sideways, diagonally, etc.
- Vary the pace, asking the campers to slow down and speed up.
- Vary the styles, asking the campers to walk on one foot, side-skip, etc.
- Create an obstacle course: Do zigzags, cross over an obstacle without breaking the machine, etc.
- Continue developing the machine over a period of weeks. For example, add movements and themes as you go along.
- **Challenges for older campers:** Create a link with the next activity or change the movement when the group passes another group.

THIS ACTIVITY LETS YOU:



- Include all the campers.
- Practice a variety of basic motor skills, such as jumping, rolling, crawling, and dynamic balancing.
- Increase the time spent developing motor skills at camp.
- Better manage the group.
- Prolong the fun, even when in movement.