



Foundation and Key Stage 1 activity Cards

Weeks Theme	<i>Circus</i>		
Warm Up activity	<i>Welcome to the Circus – Build the Big Top</i>		
	Session 1	Session 2	Session 3
L – Tight Rope Can you balance along a tight rope? Make the tightrope different lengths and widths. If you have an out door space can you ride a bike/scooter along the tightrope?	L – Unicycle Could you be a unicycle? Uni means 1 so can you move around your space on one-leg? Hop forwards backwards and side to side.	L – Animals of the Circus In olden times we had animals in the circus. Can you move around your space like these animals: Tiger, Horses, Sealions, Elephants, Birds and Monkeys	
B – Sea Lions at the Circus Sea lions were an amazing act in olden Circuses' and could balance things on their head. Can you balance some different objects on your head? Can you do it led down and stood up?	B – Balancing act Nowadays it's people that doing the balancing acts! They balance objects on their feet. Head, hands and knees, whilst balancing themselves too! What can you balance?	B – Trapeze act Can you fly back and forth on the Trapeze? Try doing it on your tip toes? Can you jump at the end of your swing and turn? Maybe use a Teddy to do the act with you?	
OC – Jugglers Jugglers are amazing at the circus. Can you throw one object in the air and catch it. Try 2. Can you try throwing up tissues and catching them? What other objects can you throw and catch?	OC – Cannonball act Can you catch a cannonball being shot from the cannon? Use an object and have someone throw it to you or throw it yourself. Can you catch it from high? If you are outside and have a wall can you catch the object being bounced off a wall?	OC – Knife Throwing act! This is a real dangerous act so don't do it for real!! Can you sit a teddy against the wall and throw rolled up bits of paper at teddy but try to get close but don't hit him! Can you do this with another family member? Can the do them at you? Only use soft objects to throw!	
Whole Family Linked game idea			
Circus Fun – Can you make your own circus performance? Could you introduce your circus and be the ring master and then maybe have a clown act, juggling and maybe some of the activities we have tried this week. Could you perform them for other family members or as a whole family, record them or perform them to other family members over video calling?			
Other activities that could be linked to the theme			
Arts/Crafts	Build a big top out of junk, Paint/draw a big top, Make a poster for your circus		
Phonics/writing	Can you write a story of your circus. Can you spell some words linked to the circus		
Reading	Can you find any books on the circus and read them.		
Visual	Can you find some youtube clips on the circus? Dumbo is based on the circus and you could watch this as a family. Can you build a circus den?		

L = Locomotion –
B = Balance -
OC = Object Control -

These activities encourage your child's functional movement – Walk, Jog, Hop, Skip, Jump
These activities help develop your child's balance and core stability
These activities help your child to use and control objects i.e. Balls, Paper, pens etc.