

# "I can't wait to go to school today!"

Circus is an incredible way to motivate and engage your students and allow them to have fun while they learn! Imagine the thrill of jumping out of bed in the morning and knowing that you were going to spend the day learning to juggle, hula or hand stand! Your students will creatively engage, problem solve, learn with their body through play and have a lot of fun along the way! If you want to help your students stay actively engaged, the Cirkidz Pop-Up Circus Workshops are the answer. They can be in the classroom, on the school oval or in your gym. We bring everything to you and we pack up when we leave. Circus is a non-competitive, physical and creative learning opportunity that leaves no child left behind.

## SAFETY IS OUR PRIORITY

Our trainers are professionally qualified with years of experience and are quick to observe and adapt to your students' needs. Students work with a wide variety of circus equipment, actively participate in circus games and learn techniques to prepare for physical activity.

Circus is creative and our programs also engage students' cognitive skills to get their brains working as hard as their bodies. So let's get the active learning started!

Help your students to build their confidence and trust

Learn while having FUN!



# The Cirkidz journey and story

## ABOUT CIRKIDZ

Cirkidz is a not-for-profit organisation that was founded in 1986 to provide meaningful recreation and community engagement opportunities for disadvantaged youth. Thirty years later... we are still empowering young people and enhancing their social, physical and creative development through value based training and a lot of fun!

## THE CIRKIDZ JOURNEY

Circus is not only great fun, it's also really good for you!

**Tiddlerz (ages 2.5 - 5)** This is where the children begin their journey in our circus school and where they begin to understand how their bodies work by learning through play. Parents and carers actively participate with their child during class and help them to explore their surroundings while they learn to coordinate their bodies. It's a terrific way to bond with your child while they learn beneficial skills such as balance, coordination and flexibility.

**Tackerz (ages 5 - 8)** the children now participate independently and learn team work skills, sharing, bonding and developing empathy as they recognise that their world is greater than just their family unit.

**Tweenz (ages 9 - 12)** learn resilience and develop their own identity as they specialise their skills. Group and individual problem solving support their growing understanding of responsibility and their place in the wider community.

**Teenz (ages 13-17)** use their specialised skills to develop techniques to confidently survey risks and challenges, they combine technical skill with increasingly complex creative expression (abstraction and reinvention) to shape their own identity into adulthood



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Pop-up!

# CIRCUS SCHOOL

WORKSHOPS & ACTIVITIES



## Choose your own path!

Value based learning that complements your curriculum

# Learning to learn through play

## TEACHERS ARE THE RING LEADERS

Our workshops are designed to actively include the teachers. We share our knowledge and techniques for engaging students for later use. We'll teach circus games, and 'brain busters' for teachers to use in other lessons or as teaching aids or intervention strategies. Circus is a great way to change gear, focus and get ready to learn.

A Cirkidz workshop is an effective and memorable way to enhance student learning. The valuable skills learned in these workshops will continue to be beneficial to the students after the workshop has ended.

The workshops have been carefully crafted by our Artistic Director and education specialists. They are delivered by our professional trainers and are tailored to align with your desired educational outcomes.

Ask us about our teachers professional development opportunities to enhance the workshop program. We are flexible, and not just in a physical sense!

Fully qualified and professional trainers come to you



## Proof that circus works

### CIRCUS AS A VEHICLE FOR SUCCESS

A University of South Australia School of Health Sciences study of a recent Cirkidz skills program offered to students in a primary school found that those who participated in the program increased their levels across a range of motivation and engagement in learning factors compared to their peers who were not involved in the program

The Study showed that children involved in regular circus training by Cirkidz within a school environment improved their level of motivation to attend school and engage in learning as well as plan and manage schoolwork. It is well understood that remaining in school and getting a good education is a prerequisite for a good and healthy life. Ensuring students remain motivated and engaged in learning is a key.

Teachers in the study reflected that Cirkidz workshops enabled the notable development of new physical, social and cognitive skills. Students' confidence levels improved along with their capacity for teamwork, building trust, and respect behaviours.

The students in the study loved attending circus sessions and enjoyed being active. They valued being able to learn new skills and to be able to perform for and with others.

## Choose your own adventure

### IT'S YOUR MOVE! READY, SET, GO!

Our modules are specially designed so that your teachers can mix and match depending on individual class requirements. Modules are an hour long. The safety component (Module 1) is mandatory unless completed in a previous workshop.

MOD	THEME	LINKS TO AUSTRALIAN CURRICULUM
1	<b>RISK AND SAFETY</b> Stepping into circus Coordination activities	HPE - Making healthy and safe choices HPE - Developing movement concepts and strategies
2	<b>COURAGE</b> Trust games Group Challenges	HPE - Interacting with others GC - Personal and social capability
3	<b>GOAL SETTING</b> Skill development Individual challenges	HPE - Developing movement concepts and strategies HPE - Elements of movement
4	<b>PROBLEM SOLVING</b> Me and the team Exploring possibilities	HPE - Teamwork and leadership HPE - Critical and creative thinking in movement settings
5	<b>SUPER POWER</b> Developing my power Specialisation	HPE - Identities HPE - Valuing diversity HPE - Refining movement skills
<b>CREATING A PERFORMANCE MODULES</b> - all modules are required in sequence		
6	<b>DEVELOPING A TRIBE</b> Interconnectedness Understanding culture	HPE - Interacting with others HPE - Cultural significance of physical activity ARTS - Imagination, senses and emotions
7	<b>RESOURCEFULNESS</b> Creative costuming Sustainability	ARTS - Communicate ideas and intentions ARTS - Using techniques, processes and materials
8	<b>THEATRE SKILLS</b> Communication, help seeking Stage management	HPE - Teamwork and leadership ARTS - Design and produce
9	<b>REFINEMENT</b> Rehearsal, Group cohesion	ARTS - Using the body to communicate ARTS - Create, rehearse, perform and respond ARTS - Develop and refine skills as the artist
10	<b>DEMONSTRATING LEARNING</b> Circus show, Performance	ARTS - Present and respond to art works