



physical

circus skills

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Choose four of the following clown activities after doing some warm-up exercises:

**Warm Up:** Gentle jogging/Stretches/Star jumps

Diving through hoops/roll out on to a crash mat  
Wheel barrow, sack racing, tightrope walking, skipping, diablo, plate spinning,  
juggling with balls or beanbags.

We seniors are going to teach the juniors these skills as badge work next year.

We plan to incorporate fun alternatives as described below.

A fun evening is planned including dressing as clowns; each group will do one or more activity depending on their age and ability.

We also intend to make a video so watch this space.

Parents and church members will be invited along.

With a little hard work and practice there is plenty of scope for badge work with fun.

For Service: You could take this routine into old peoples homes.

For Educational: Learn about clowns and their history.

Physical: New skills/coordination, and warm-up exercises.

**Fun Activities:**

Hula-hoop eating (the crisp variety)

Walking/crawling through hoop

Blindfolded racing

Balance on the floor a wide strip of tape (not the beam)

Climbing the ladder

Blowing the candle out

The bucket of water (paper)

Entered by: Julie, Pippa, Jodie, Emily, Vicki – 4<sup>th</sup> Leeds Girls' Brigade