

# BINDLESTIFF FAMILY CIRKUS



## BFVA Senior Cirkus Playshop Sample Curriculum

**DAY 1 - BIG PLANS AND CLOWNING AROUND** - Meeting the participants, ice-breaking games/activities, introduction to circus arts. Discussing the upcoming final show and different ideas about it, exploring physical comedy, watching, and discussing clown routines, and learning and acting in clown skits. Attempting to write your own skit is encouraged.

**DAY 2 - FLYING SCARVES AND SPINNING PLATES** - learning basic juggling and object balancing techniques. Working with partners in small groups. Introducing feather balancing, scarf juggling, and plate spinning.

**DAY 3 - SUPER HOOPER** - Introduction to hoops and dance ribbons, learning short, choreographed dance sequences. Free jam at the end of the class - practicing a skill of your choice.

**DAY 4 - VAUDEVILLE MAGIC** - Watching and discussing short clips of vaudeville performances. Adapting learned techniques of balancing, juggling, and hooping to manipulating everyday objects.

**DAY 5 - CREATIVE LAB** - Discussing act Ideas for an upcoming final show and learning about the act structure. Free jam at the end of the class - practicing a skill of your choice.

**DAY 6 - SURPRISE VISIT** - A visit from a guest circus artist(s). They will do a short presentation of their skill and possibly have seniors participating in some novelty songs, singalongs, Q&As, and helping develop their acts for the show.

**DAY 7 - SPREAD THE WORD** - Discussion about the ways that we can promote the show, looking and the circus posters and programs from the past and present. Participants will be given the option to create their own promo materials if they wish to do so. Everyone continues working on their acts.

**DAY 8 - SIDESHOW!** - Learning about the history of the sideshow. Possible visit from a sideshow artist to demonstrate the skills like sword swallowing, block head or watching recordings, if preferred, Q&As. Everyone continues working on their acts.

**DAY 9 - STAGE CONFIDENCE** - Exploring fun ways to boost self-confidence on and off stage. Possible visit from a professional circus ringmaster. Everyone continues working on their chosen circus skills.

**DAY 10 - MAGIC SHOW** - Watching a guest magician, Q&As, and learning magic tricks.

**DAY 11 - SHOW TUNES** - Discussing a musical component of the circus shows. Possibly a visit from a novelty musician, or a mini-concert. The guest artist will help seniors choose music for their acts.

**DAY 12 - FINISHING TOUCHES** - Blocking and rehearsal of the final show. Performing the acts in front of their peers.

**DAY 13 - SHOWTIME!** - Participants will perform their acts in front of the live audience, and if time allows After-show Social.

PLEASE NOTE: All of the above activities can be adjusted for people with limited mobility and wheelchair users. Additional materials like videos, books, art supplies