

STILTS AND BALANCE WORKSHOPS

Stilts: the world from a new perspective: The discipline of stilts invites us to observe what surrounds us from another perspective. Stilts are a tool widely used in street theater and circus, since their communicative possibilities are infinite: a "mobile stage" that widens, expands and makes visible our body movements and expressive capacities..

Cía Todozancos has the purpose of showing the circus as a pedagogical and recreational alternative and encouraging the child and/or adolescent to create experiences where they are the protagonists.

The objective of the workshops is playful and educational at the same time, so, in addition to having fun, our intention is to work on creativity, imagination and foster self-confidence through non-competitive play.

Through circus disciplines we intend to work on psychomotor skills such as: flexibility, balance, body coordination and rhythm, thus educating the body as an instrument of expression and communication.

We have the necessary experience, obtained from practice, knowing that in addition to having a good time, in most of the situations proposed in the workshops, the child explores the possibilities of each discipline by himself, creating new games through guided self-discovery.



THE WORKSHOP

The various disciplines we work with are:

- Stilts
- Juggling
- Tightrope walking
- Acrobatics (mini trampoline)
- Rola Bola
- Big balloon

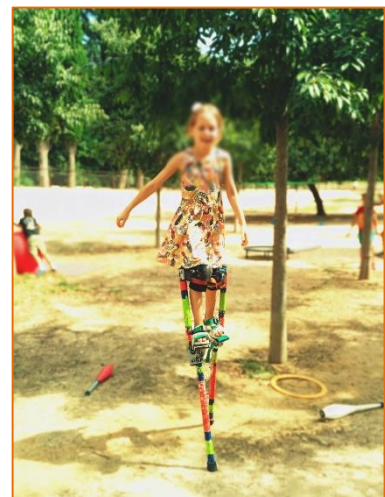
An evaluation will be carried out at the end of the activities in which the children will be able to share the different experiences and if they have achieved the proposed objectives. At the end of the workshops there will be a sample of the various skills acquired in theatrical key.

MATERIAL AND SPACES FOR ACTIVITY

The company provides all the necessary material to carry out the workshops.

Spaces with regular and flat terrain are recommended.

Students will have to wear comfortable clothing, appropriate footwear.





METHODOLOGY

The classes last one hour and are divided into three parts:

- Warm-up and preparation.
- Presentation of the material.
- Exercises, practice and games.

Performing warm-up exercises:

General movements and stretching of the body, applying special attention and interest to the main muscles involved in the practice of the specific discipline to avoid injuries.

Disciplines presentation:

In the first session of each of the various disciplines (stilts, juggling, tightrope, big ball, juggling) we explain the characteristics of each one, the utilities, the "rules" of use and the respective limitations.





The learning and practice process is progressive. We work with the methodology of guided discovery, respecting and valuing the level achieved by each student.

As the classes progress, the aim is to increase the degree of difficulty, motivating students to investigate, explore, create their own figures and improve themselves.

Basic techniques are practiced intermediating:

- Exercises to become familiar with the sensation of using the new item (going on a unicycle, stilts, being on a big ball or a tightrope) and gain confidence.
- Exercises to learn about your own body schema.
- Exercises to work on balance, learning to rebalance ourselves on stilts, the big ball and the tightrope.
- Exercises to learn to fall and get up.
- Specific exercises for the development of physical qualities and perceptive-motor capacities such as: dexterity, coordination, laterality, balance, rhythm, etc.





OBJECTIVES OF THE WORKSHOPS

- Reinforce attitudinal concepts regarding trust and self-confidence.

- Establish a game space without gender distinction, offering a place where individual abilities are respected and group activities are carried out with respect and empathy.

- Deepen the basic techniques, acquiring a habit of autonomous work and integrating a scheme of physical work from healthy habits.

- Develop creativity by manipulating circus elements, including games and improvisation.

- Promote the processes of expression, communication and creation seeking the interrelation of the different techniques.