

# SOLID STATE CIRCUS

## Circus Skills Workshops

Circus skills encourage teamwork, trust, self-confidence, and fine and gross motor skills through the medium of a non-competitive sporting activity and positive performance experiences.

**Workshop will include:**

- Group game and warm-up
- Introduction to tumbling and mini-tramp (diverolls, somersaults, cartwheels etc)
- Acrobalance ( using other people to create pyramids and balances)
- Manipulation Skills - juggling, hula hoops, staff twirling etc)

All equipment is provided to run the workshops, however it would be helpful if the school can provide:

- Scatter mats (small individual mats)
- Crash mats (large mats)
- Foam strips/ tumbling strips

**Space Requirements:**

A large undercover area with a height of at least 4 meters. A large gym hall, Kev shed or similar is perfect. However, if the space is limited, the number of students will need to decrease.

Allowing roughly 2m squared per student. If the ground is totally dry and flat, the workshops may be run outside.



**Additional Requirements:**

- Schools will need to provide 1 supervising teacher/assistant per 25 students, to aid in group management
- Students will need to wear clothes they can comfortably move around and go upside down in, such as a PE uniform. *Dresses, skirts and ties are all unsuitable.*
- Students are requested to bring a drink bottle, or have drinking taps nearby.

**Solid State Circus:**

Founded in 2011, Solid State Circus provides highly entertaining circus shows and workshops to schools, at festivals and at corporate events Australia wide. All Solid State Performers have had many years experience coaching circus workshops.

Artistic Director Hemlock Mejarne has been coaching acrobatics since 1985, from elite sports acrobatics teams to remote outback communities. He has worked extensively with youth at risk, and has taught in many circus schools across the country.

General Manager Luth Wolff has been involved in youth and community circus since the age of 6. With over 8 years of coaching experience with students aged 3-60, Luth has taught people of all abilities circus skills. Luth believes circus is an activity that everyone can succeed in, regardless of age, body type or socio-economic status.

Cross Curriculum	Multimodal Texts	Curriculum Links
(3) Sustainability – Social	(G) Body Language (V) Visual (S) Spatial	PDHPE develops a repertoire of physical activities - relates well to others in work and play - refines and applies movement skills - practices and uses equipment - demonstrates control in performing sequences

- Duration: 90 Minutes
  - Suitability: Years 5-12
  - For 60 students Maximum
- Workshop Cost: \$ 450.00 + \$ 45.00 gst = \$ 495.00 – following a performance (on the same day)  
 \$ 600.00 + \$ 60.00 gst = \$ 660.00 – stand alone workshop (no performance)