

KALAMAZOO COLLEGE
Physical Education Department

Beginning Aerial Arts and Partner Acrobatics PE Course [Circus Arts]: Spring 2011
PED 026-01

Instructor: Colleen McIntee
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Description:

Class will be held once a week for two hours each session in Anderson Athletic Center. The goal of Beginning Aerial Arts and Partner Acrobatics is to expose students to this unique combination of expression and fitness in a safe and supportive setting with peers and trained professionals. This course is about trust, relationship, and confidence building. Along with this mind fitness activity, comes physical fitness in the form of core and upper body strength building as well as consistent flexibility training. Circus arts are about play, discipline, and expression. Students will be given the tools to explore, train, and perform on: aerial silk, aerial hoop, aerial sling, hand balancing, and in partner yoga/ acrobatics.

Absences:

Two absences are allowed. Three absences result in no credit for the course. Please see the instructor if you have a special circumstance, make up work may be available.

Course outline:

Week 1: Safety, intention setting, course guidelines, health forms, circus arts terminology, my circus philosophy, get to know each other games!

Break early for lunch with Rob Mermin of Circus Smirkus

Week 2: Introduction to partner acrobatics: relationship building, trust exercises, stretching and flexibility theory, counter balancing, circus grip, spotting, communication, conditioning, brief meditation.

Warm ups: focus on wrists, shoulders, bridges

Basic lift

Table

Boat

Thigh Stand + flag

Superman + candlestick

Week 3: Introduction to aerial apparatus: equipment, materials, load limits/ shock, rigging, spotting.

Warm ups: shoulders and cores

Fabric: the "strong hold" in straddle, single foot knot + 3 poses, climbing techniques, wrapped arms and flipping, birdcage, knotted loop/ sling work: inversions, swingset, cocoon, lay back foot bend.

Hoop: getting up, man on the moon, hand loop stuff
Third group: stretching sequence

Week 4: Using the equipment and each other to condition: inversions, Cheetah stuff, NECCA stuff, Flyhouse partner yoga sequences. Practice last week's aerial knowledge. Movement work across a space.

Week 5: Small groups: Acro 5-6 people each

Practice what was learned 2 weeks ago
Handstands, partner handstand flip overs.
Triple stacks
Pyramids
Centipede walk
Shapes
Ways to enter and exit: movement work- creativity exercises
Create your own and show to everyone! (entrance, 1-2 formations, exit)

Week 6: Hoop and Silk focus

Hoop: meat hooks and floor progressions
Silk: quidam, iron cross, double foot knot, CBS, butterfly

Week 7: Your picks! H, S, or acro (rotations + object manipulation playtime if desired...)

Week 8: Begin creating short group "routines" [instructor-assigned groups], choreography, picking music.

Week 9: Practice routines, condition, flexibility work, meditation

Week 10: Recital final- invite your friends! (takes place in Anderson)

Finals Week: none!