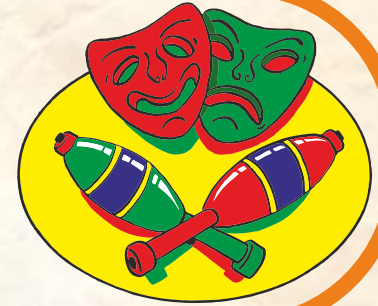


BELL AND BULLOCK CIRCUS THEATRE WORKSHOPS



Boost your brain cells !
A recent study proved that **juggling**
actually promotes the growth of
brain matter. (Oxford 2010)



Entertain Engage Educate

What We Can Offer:

Circus Theatre Workshops

Our workshops aim to be enormous fun, whilst promoting many other benefits. Physical skills such as balance, hand and eye coordination, concentration, strength, stamina, gross and fine motor skills, spatial awareness, fitness and flexibility are improved.

They also encourage self-confidence, teamwork and co-operation. Children (and adults) are invariably amazed at what they are able to achieve in just one session.

Circus Skills and Coordination Skills fit in with the National Curriculum! Key Stage 1,2,3,4 PE
Many other cross curricula links can be made.

Where and Who

Schools, Education and Inset Days, Youth Groups and Young Peoples Services, Groups with Special Needs and Learning Difficulties. Adult Learners, Guides, Scouts, Corporate, Private Functions, Weddings, Fun Days, Activity Days, Festivals, Health and Wellbeing.....

We are experienced in motivating and encouraging participants to reach their full potential in a safe and friendly environment. Children are able to challenge themselves and through practice begin to notice and evaluate their success and progress.

We are also experienced at working with groups with special needs and learning difficulties.

Age Group: Recommended for 7 plus.
A workshop for 4 - 7 years, KS 1, is also available upon request.



Introductory Workshops to Include:

- Gentle physical warm up, introductory games and brain gym exercises.
- Expert demonstration and explanation of techniques for using a wide range of equipment e.g. juggling with scarves, balls and clubs, plate spinning, poi, diabolo, devil sticks, hula hoops, stilts and pedalos and unicycles.
- Practice time with lots of individual attention to help perfect the skills.

For Longer Sessions and Residencies

- Acro-Balance and Pyramid Building.
- Theatre Games, Clowning and Improvisation.
 - Trust and Negotiation Games.
 - Slapstick, Falls and Catches.
- Devising Routines and the Group's Own Show.

“Just a quick note to say how successful your performance and workshops were yesterday. I've had lots of positive feedback from my colleagues commenting how the children loved it.”

Val Charlton, Teacher, Gibside School.

Circus Science Workshops

We have developed five KS 3 - 4 lesson plans with accompanying work sheets in which we use circus skills to explore the science of "Forces and Motion." Each lesson involves a chance to learn and practice the circus skills followed by thought provoking discussions and demonstrations. Suitable for a cleared classroom.



The lessons are:

- 1) Balancing Objects and Centre of Gravity.
- 2) Juggling, Gravity and Air Resistance.
- 3) Diabolos, Gyroscopes and Turning Forces.
- 4) Toothbrush Twirling, Centripetal and Centrifugal Forces.
- 5) Tablecloth Trick, Inertia and Friction.

Measurement



“When the Circus came to town they brought Science to life!

Karen and Dafe enabled the pupils to link their creativity and extend their scientific knowledge, vocabulary and understanding through support, humour and excellent circus skills.”

Katie Jordan, Science Teacher, King's Manor School.

Age Group: Recommended for 11 plus (They can be adapted for KS 2)

Clowning Workshops

The red nose acts as the smallest mask in the world from which we can let our delight and playfulness shine through. We lead gentle games and exercises that help participants to discover and unleash their inner clown. Slapstick fights, trips, falls and traditional gags and routines can also be introduced to help develop physical comedy and character skills.

Recommended for older pupils, students and adults, but can be adapted for younger children.



Team Building Workshops

We can provide team building for businesses, organisations and school inset days focussing on trust and negotiation, confidence, creativity and learning.



We use circus skills, improvisation, clowning and partner dancing to help your group interact in new ways and work more effectively both as individuals and as a team.

Street Theatre Workshops

Here we explore the following topics: public spaces, ownership of the space and crowd gathering. Audience connection, participation and use of volunteers. Lines and patter and dealing with distractions. Styles of street theatre, props and sets.

Recommended for older pupils, students and adults, but can be adapted for younger children.



Physical Theatre Workshops

These workshops look at creating theatre through the moving body focussing on narrative and character rather than text or scripts. Physical approaches and complicité, are explored in order to arrive at a vocabulary for devising new material.

Recommended for older pupils, students and adults, but can be adapted for younger children.



Who we are:

We are Karen Bell and Dafe Bullock and have over 20 years experience of teaching and performing together.

We are members of Equity with full Public Liability Insurance and we both carry Enhanced CRB Disclosure.

Our Requirements

- 1) Dry, warm hall space, with high ceiling and non slippery floor surface.
- 2) Age Groups - 7's and over. We can, on special request, work with younger groups.
- 3) Numbers - 35 maximum.
- 4) A brief to establish our aims and objectives.
- 5) Group should be notified to wear loose, comfortable clothing and flat shoes. leggings, tracksuits, trainers.
- 6) Jewelry is to be removed during sessions.

Recent Projects

- Training up 6th Form students to deliver the street theatre at Hartlepool Tall Ships in collaboration with Let's Circus.
- Creative Partnership Science Project with King's Manor and Hallgarth Schools leading to the first ever Acklam Science Busk event.
- Annual Circus Skills workshop for Humshaugh Youth Theatre. **"Impressive, worthwhile and exciting."** Maurice Gilmour.



BELL AND BULLOCK CIRCUS THEATRE

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