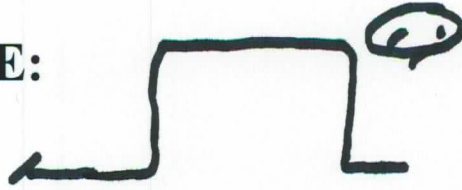


# Circus Kids Stay Fit!™

## Circus Curriculum for the Classroom

### The ABC's of Classroom Acrobatics

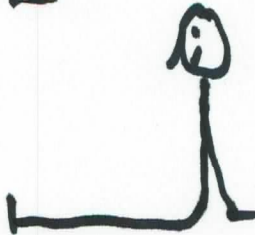
- TABLE:



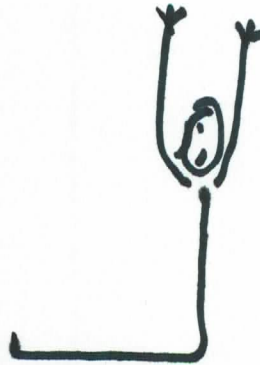
- BRIDGE:



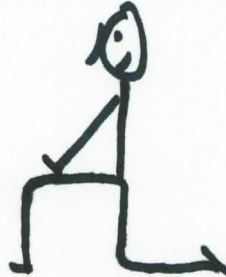
- 'L' SIT:



- REALLY HIGH 'L' SIT:



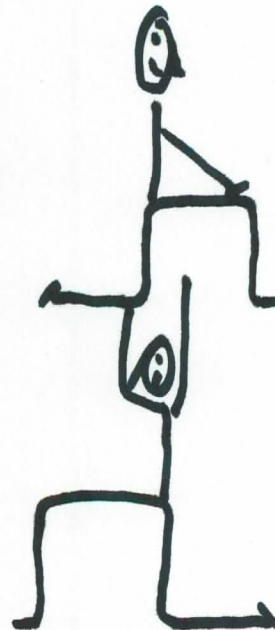
- HIGH KNEE:



- OTHER HIGH KNEE:



- REALLY HIGH KNEE:



# The ABC's of Classroom Acrobatics (continued)

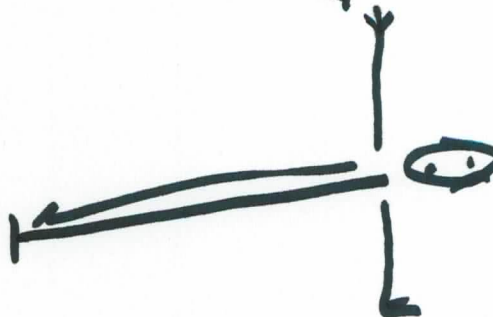
- PLANK:



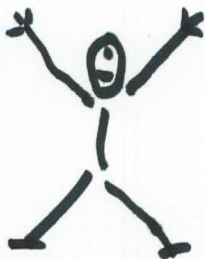
- SIDE PLANK:



- OTHER SIDE PLANK:



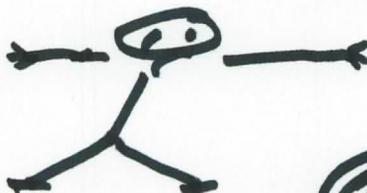
- X-STAND:



- Y-STAND:



- Z-STAND:



- R-STAND:



**Teacher Notes:** Have students repeat order in succession two times, then speed up the exercise. Then conduct shout the positions randomly, and speed up the exercise again. Really mix up the order to make the kids transition from one position to the next. It is great fun and the kids get a sound aerobic workout in 5 minutes.