

## **Fit CIRK / Development of Physical Literacy and Mental Fitness through CIRCUS ACTIVITIES**

**SPRING 2025**

The objective of this course is to introduce the students into the field of youth and social circus methods and techniques, in order to strengthen both physical and mental fitness. Students will also understand additional topics, such as effective communication and cooperation, overcoming obstacles, coping with failure or providing self/feedback and self/evaluation. The topics will be presented through practical activities and games, with necessary theoretical background. The students will get in touch and train circus disciplines such as partner acrobatics, aerial acrobatics, object manipulation (juggling), balance and others. Through those they will learn body coordination, risk analysis, individual and team safety. The course is based on The European Core Curriculum for Youth and Social Circus Pedagogy that was implemented as an outcome of Circus+ project in 2016 and Circus++ project in 2022.

### **After completion of this course students will be able to:**

- identify and analyse risks and set up safety space for individual or group training of circus activities
- apply the acquired knowledge and skills in self physical /psychical development

**To imagine better the contents of the course, please check the photos from previous semesters:**

[https://drive.google.com/drive/folders/10HTboeq4M\\_RCxb7q0vSXIULTRvcmBggg?usp=drive\\_link](https://drive.google.com/drive/folders/10HTboeq4M_RCxb7q0vSXIULTRvcmBggg?usp=drive_link)

Different teachers with circus / sports background will cooperate on the individual blocks of the course (Faculty of Sports Studies MUNI, Centre Legato-Brno, CIRQUEON-Prague).

For detailed information about the curriculum of youth and social circus pedagogy click HERE: <https://www.caravancircusnetwork.eu/wp-content/uploads/2022/09/European-core-curriculum-for-youth-and-social-circus-pedagogy-2022-min.pdf>

The course consists of 8 teaching blocks. **In order to complete the course successfully it is necessary to take part minimally in 6 blocks.**

**! The course will take place in LEGATO - centre of leisure time activities, Stamicova 7, Brno !**