





Ringmaster says

SESSION PLANS В

To get a feel for the circus environment, you call out one of 5 basic circus-related calls. Each call has a location, movement and sound that the players must perform.

What to do

- > Players start in the middle of the room or outside area.
- > Choose from the following 5 calls and player responses:
- > Call 1: 'Ringmaster says!'
 Response: The players make a line in the centre of the room and shout 'Ladies and gentlemen'.



> Call 2: 'Audience!' Response: Players run to a designated end of the room, sit down, look to the ceiling and clap as though they are an audience.



- > Call 3: 'Circus band!' Response: Players run to a designated end of the room and pretend to play a tune on a pretend instrument of their choice.
- > Call 4: 'Backstage!' Response: Players run to a designated end of the room and pretend to do warm up circus skills (e.g. stretching, juggling, putting on make up).
- > Call 5: 'Box office!' Response: Players run to a designated end of the room and pretend to sell tickets to each other.

Change It

- > Swap the calls to be suitable for another show environment e.g. dance or gymnastics.
- Introduce equipment such as hoops, balls or bean bags that must also be used in the activities.
- Select a player and ask them for a circusrelated activity of their choice (e.g. juggling, walking a tightrope). The group must then agree on the action and name for this activity and it becomes Call 6. Any number of additional circus-related activities can be added in this way.
- > Vary the locomotion movement that players use (e.g. skipping, hopping, jumping).

Safety

> Make sure players are watching where they are running.

Ask the players

- What circus activities shall we add?
- How can we make sure everyone is involved?

LESSON LINK:

Ringmaster says introduces players to a circus environment and also acts as an energiser. This could also be used before players perform dance or gymnastics routines in a show-like situation.