

## Physical Education - Circus Skills

To become a successful aerial artist, juggler or contortionist there are many physical skills and attributes that you must practice and eventually perfect: flexibility, agility, balance, and coordination, to name just a few. Have a go at the challenges below, let's see if we have any circus performers in the making.

- How long can you hula hoop for without dropping the hoop?
- How long can you head stand for?
- Can you change the shape of your legs in a headstand?
- Can you do a handstand?
- Can you juggle with 2 balls?
- Can you juggle with 3 balls?
- How high can you jump?