Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Info: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group Member Names:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check boxes that apply:

|  |  |  |
| --- | --- | --- |
| **Performance Type** | **Balance Apparatus** | **Circus Object** |
| * Solo * Pair * Group | * Spooner Board * Low Balance Beam * Other \_\_\_\_\_\_\_\_\_\_ | * Juggling Scarves * Juggling Balls * Juggling Rings or Clubs * Spinning Plates * Diabolo * Flower Stick |

**Part 1: Begin on the floor (next to your balance apparatus)**

Floor Trick 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Floor Trick 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Transition Plan: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part 2: Move onto the balance apparatus**

Balance Challenge 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Balance Challenge 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Transition Plan: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part 3: Perform tricks on the balance apparatus**

Balance Trick 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

****Balance Trick 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Performance Rubric**

**4 (Professional)** – Performs full routine with less than 5 errors. Transitions smoothly from floor to balance apparatus. Shows encouragement and works well with others (group members, other performers, audience members). Displays a growth mindset with a focus on improvement.

**3 (Specialist)** – Performs full routine with less than 10 errors. Performs a planned transition from floor to balance apparatus. Shows encouragement and works well with others. Displays a growth mindset with a focus on improvement.

**2 (Beginner)** – Performs routine with frequent errors. Does not have a transition plan from floor to balance apparatus. Does not disrupt others.

**1 (Back to the Drawing Board)** – Shows minimal effort and/or performs an incomplete routine. Behavior is disruptive/distracting for others. Displays a fixed mindset.

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**Growth Mindset Reminders**

|  |
| --- |
| * I want to improve my skills. * I will stay engaged in purposeful practice. * I will persevere when faced with challenges. * I know that focused work is the path to improvement and success. * I will listen to, and learn from others as they try to help me improve. * I will celebrate when others succeed. It proves that I can succeed too. |