DIY CIRCUS: ACTIVITY GUIDE

How to Walk a Tightrope

Walking the tightrope requires focus and balance, but anyone can do it. Have students watch this video, then follow these instructions to learn the basics of tightrope walking. With patience and practice, students can learn to balance like the pros.

Watch the Video: How to Juggle
http://www.pbs.org/opb/circus/classroom/diy-circus/tightrope/

Materials Needed

- Painters tape or chalk lines on the floor
- Slack-line and two secure supports (optional)
- Mats or grass to fall on safely (optional)
- Broomsticks or other long-poles (optional)
- Umbrellas (optional)

Steps

1. Begin by stretching out and warming up your body.
2. Standing in one place, practice standing on one foot. Keep your head up and arms out. Close one eye, then the other. Practice until you can balance with both eyes closed.
3. Practice walking on the chalk/taped line, head up, arms out and flexible, keep weight on the ball of your feet, and keep legs slightly bent.
4. If you begin to lose your balance, keep your head up, and try either going down to one knee, or lifting your back foot and adjusting in mid-air to balance yourself.
5. Use a broom stick or umbrella to help you keep your balance.
6. Practice turning around by turning your front foot when you step, then pivoting. “Step, then turn.” Keep your head up and eyes forward.
7. When you have practiced on the chalk/taped line for a while, you can try walking on a slack-line, set up by an adult, or on a balance beam at a gym.

Suggested Activities

1. See who can balance on one leg the longest.
2. See who can walk the farthest on the line before they lose their balance. Try again with walking the fastest.