

NAME of activity	Discovery of acrobatics
duration	between 2 & 5 hours on one or 2 days One day more to create a show
audience	From 3 to 6 years old, groups of 6 From 6 years old, groups of 10
Pedagogical goal	Show the basics of acrobatics and its possibilities get new knowledge and basic technics
Description	<ul style="list-style-type: none"> - warming up (15-30') - collective games (15-30') - experimentation of several technics : verticality, and pair acrobatics (15-30') - stretching, relaxation (10') - if a show is planned, the last day will be dedicated to the creation of a story (30'), rehearsals (1h), coming and going out from stage (30'), general rehearsal (1h).
Material	One mate (2m x 1m) per person or pair
Space	At least 30m2 per group of 10, or outside
Comments	Be careful on the security of participants, making sure everybody warms up well, and being aside each one when he makes dangerous postures. The eldest can help the youngest.
Restitution	Preparatory work in group for making acts