

Sand Northrup, One Woman Circus — *Fit To Be Tried*

KNOW

About the Artist



Sand Northrup is a well-balanced artist with a flare for the fabulous!

Veteran children’s educator and entertainer Sand Northrup has an unflagging enthusiasm for circus arts. In 1980, Sand ran away to the circus in Quebec City to study juggling, unicycle, acrobatics, clown and mime. She has written and performed solo, duo and troupe shows in French and English across Canada. With a solid reputation as an outstanding teacher, mentor and role model, she currently performs and teaches circus arts in public schools and at circus camps. Sand also collaborates on numerous social circus projects and runs the therapeutic clown programs at BC Children’s Hospital and Sunny Hill Centre.

About the Performance

This solo 50 minute performance promotes daily activity and healthy living using circus arts, physical comedy and music to invite young audiences to reinvent the concept of “working out” by encouraging active play and greater personal commitment to physical health. Unorthodox fitness gear emerges from the equipment cart as self-styled Fitness Guru Filetta Fish enlists audience members to help develop fantastic, fun, physical games in a series of juggling, unicycling and musical routines. Tech requirements: Gym access 40 min prior with usual assembly set-up.

About the Art Form

Historians disagree how and when modern circus arts developed but performances by acrobats, jugglers and physical comedians have always intrigued audiences. Physical fitness is a more modern concept born of the shift from a survivalist, physical existence to urban living and its marked distinction between work and leisure. Our current dependency on electronics and social media demand we rediscover a connection to our own physical competence. *Fit To be Tried* explores links between circus arts training and the benefit of committing to fitness, personal skills development and experiencing the satisfaction of personal excellence. For more info: www.nationalcircusschool.ca; www.enpiste.qc.ca, http://en.wikipedia.org/wiki/Physical_fitness

Links to Curriculum

- Combines elements of multiple art forms (drama, clown, performance); phys ed (equilibratics, juggling, active participation); math (spatial relationships, patterns); language and social arts (communication, team work).

Pre-Performance Discussion Questions

- What do you know about circus arts? How would you define physical fitness? Discuss different techniques required to learn a new physical skill.

Post-Performance Activities

- In gym class, use Sand Northrup’s exercises for balls or scarves (available by request from sandnorthrup@gmail.com) to explore motor skills development and the concept of practicing to move toward personal excellence. Introduce fun and challenging physical skills to enhance learning, focus, concentration and self-discipline.
- Draw a picture or write a paragraph describing your favourite circus skill demonstrated in *Fit To Be Tried*
- Make juggling balls or beanbags (available in Sand Northrup’s study guide on line at Artstarts.ca)

Post-Performance Discussion Questions

- What kind of training or practice do you think are required to learn a challenging physical skill (like juggling or unicycling)? What training or practice might be involved in learning to be a clown?
- Would learning to juggle make you a better general learner and if so, why?
- Do you think everything you saw in this performance was planned?
- What skills (theatrical and physical) went in to creating this performance?

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Learn more about this artist online at artstarts.com/aotd