

ARTS AWARD
DISCOVER AT HOME ACTIVITIES

SPINNING POI!



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ARTS AWARD DISCOVER AT HOME ACTIVITIES SPINNING POI!



Hi there. Good to see you!

Welcome to 'Spinning Poi', a new creative challenge from Artspace that will lead you to a Discover Arts Award, at home.

In this activity you will learn how to create a your own 'Sock Poi', a piece of circus skills equipment that you can then use to perform a range of tricks! Circus skills, like poi spinning, can help you to develop skills like balance and co-ordination, and they're also brilliant fun! Later on, we'll also be researching Gifford's Circus, an amazing circus company based in Gloucestershire.

So let's get started!

PART A

Before we begin making our own art, let's have a think about the art around you today. You can ask an adult to help you, or work with your family or friends to find lots of different art forms.

What can you see, hear or feel? How many different art forms can you find?

MUSIC



FILM



SCULPTURE



DRAWING



DRAMA



POETRY



ANIMATION



PAINTING



CRAFT



DESIGN



DANCE



PHOTOGRAPHY



ARCHITECTURE



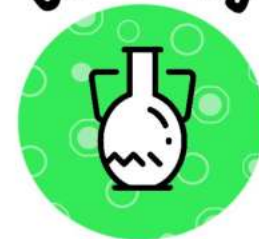
LITERATURE



TEXTILES



CERAMICS



Are there any we've missed? Can you name any more?

Record what you've found in your Log Book, don't worry if you don't have one yet, you can download one for free using the link below...

http://artspacecinderford.org/?page_id=3335

or if you'd rather you could record it in a notepad, sketchbook or on your phone!

Now we've got our creativity flowing, let's make some art!

Today's art form is circus (Did you find any examples of circus in your hunt for art forms?)

ACTIVITY

TIME REQUIRED
10 MINS +

DIFFICULTY



Suitable for all abilities, but little ones will need some support.

MATERIALS

Ask an adult to help you gather materials. Show them this list and see what you can collect together.



A PAIR OF LONG SOCKS

Something bright and colourful would be best, but any long socks will work for this. They could be football socks, rugby socks, or a pair of knee high tights even! If you don't have long socks, don't worry, you could use 2 plastic bags. Just make sure they are strong bags with no holes in them! A great way to recycle some carrier bags.



WEIGHTS TO PUT IN THE END OF EACH OF YOUR POI

A bean filled ball (like a juggling ball) is perfect for this, a handful of rice sealed in a sandwich bag would also be great. However, you could use just about anything; another rolled up sock, an apple, an orange, a bean bag or tennis ball would all work. The key here is to find something that is a ball shape (or close to it) that weighs enough to stretch your sock a little bit when you put it inside it, but that isn't too heavy! Also, having 2 of the same so as your poi are evenly weighted is a good idea if possible.

★ IMPORTANT ★

When learning to spin poi, there's a good chance that your poi is going to hit you!
So don't put anything too heavy or hard inside it or it will hurt,
and we certainly don't want that.

HOW TO MAKE YOUR POI

1

Prepare your work area. This activity is pretty mess free, but it's still good practice to keep your materials and equipment organised by working up to a table or hard surface like the kitchen worktop.

2

Begin with your socks (or bags). Place your weight (tennis ball, apple, orange, whatever you've chosen) inside. If you are using socks place your weight in the toe, if you are using bags place your weight in the corner.

3

Tie it up.

For socks, tie a knot at the top of the sock so that you have something to hold on to.

For bags, you need two knots. Tie one just above the weight to hold it in and the other at the top of the bag so that you have something to hold on to.

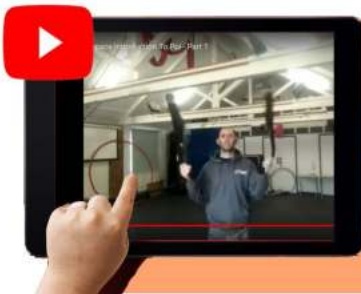
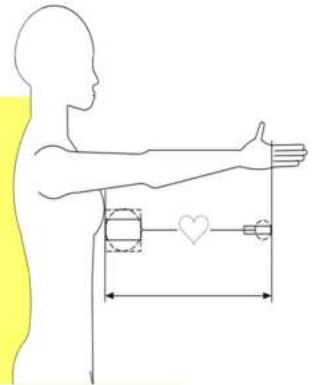


USING YOUR POI



Great job making your poi! But what do I do with them now? I hear you ask! Well, let's have a go at some tricks with them!

Before you begin, make sure that you have enough space around you. It's always best to use your poi outside! If it's raining, or if you really can't get outside, make sure that you can spin on the spot, with your arms stretched out wide, without touching anything. And be sure you're not under anything hanging down from the ceiling (such as a light).



Check out the video from our circus tutor Rhys Williams (link below) who will show you some tricks you can try with your poi.

<https://www.youtube.com/watch?v=40kJB1kvUqQ>



Once you have finished your prints, use your Log Book and tell us a bit about how you got on! Download a log book using the link below...

http://artspacecinderford.org/?page_id=3335

DID YOU KNOW? Artspace have an online gallery on our website; www.artspacecinderford.org and we'd love to show your work! Once you've finished your painting, why not send us a picture of it so we can share it with the world. You can email a photo along with your name and a title to dan@artspacecinderford.org

Sharing your work is an important part of Arts Award and we'll come back to that later on.



PART B

We hope you enjoyed making your poi and learning some poi spinning skills!

Next up we're going to be researching local Circus company 'Giffords Circus'.

Since they began in the year 2000 Giffords Circus have entertained over a million people, and have worked with some extraordinary circus performers and creatives, including; Gypsy violinists, tap dancers, tight-rope walkers, trapeze artistes, stunt riders, opera singers, magicians, illusionists, and gymnasts.

What more can you find out about Gifford's circus and their shows?

Why not have a look at their website; <https://www.giffordscircus.com/>



Have you ever been to see a circus? If so, what did you like best?

Record what you have found out within your Log Book (download link below)

www.artspacecinderford.org/?page__id=3335

Or if you'd rather you could record it in a notepad, sketchbook or on your phone!



PART C



WELL DONE, YOU ARE SO NEARLY THERE!

The final thing you need to do now, is to share what you've done. You may choose to share how you made your poi, or you could tell someone else how to make their own.

You could tell someone about Giffords Circus and what you have found out about them, or you may just choose to tell someone what you have enjoyed most about your Arts Award experience.

To complete this part, you need to have shared with at least one person. This could be an adult at home, a friend or relative, or one of us at Artspace! We'd love to hear about what you've been doing by the way. Then, you just record what you shared and who with, in your Log Book (download link below)

www.artspacecinderford.org/?page__id=3335

Or if you'd rather you could record it in a notepad, sketchbook or on your phone!



DON'T FORGET...

You can share your work by submitting a picture of your poi to Artspace's Engage Circus gallery. Why not ask an adult to send us a picture, along with your name to dan@artspacecinderford.org and we can put it on our website for the world to see?



AND THAT'S IT!

FINISHED, TERMINADO, FINITE. FINI

WELL DONE AND THANK YOU SO MUCH FOR TAKING PART!

If you've enjoyed this activity, why not join one of our Youth Arts Classes. Check out our website www.artspacecinderford.org for more details.

Now you have completed this activity and your Log Book, you can register for your certificate with our partners Create Gloucestershire here... www.surveymonkey.co.uk/r/artsawardathome