

## Objective

By the end of this lesson, the student will have gained a basic understanding of aerial silks and be able to perform a few beginner-level moves.

## Materials and Prep

- A sturdy fabric or long piece of cloth
- An open space with a high ceiling
- A soft mat or carpet to practice on
- Comfortable clothing that allows for freedom of movement
- A water bottle to stay hydrated

Before starting the lesson, make sure the student has some basic knowledge of body awareness and coordination.

## Activities

1. Warm-up exercises: Begin with a series of stretches and warm-up exercises to prepare the body for the physical demands of aerial silks.
2. Introduction to the fabric: Show the student how to properly grip and handle the fabric, and explain the importance of maintaining a strong grip throughout the movements.
3. Basic climbs: Teach the student how to perform basic climbs on the fabric, using their arms and legs to ascend and descend.
4. Foot locks: Demonstrate how to create foot locks by wrapping the fabric around the foot, and show the student how to use them to support their weight and perform various poses.
5. Simple poses and moves: Introduce the student to a few beginner-level poses and moves, such as the straddle, the pike, and the star.
6. Cool-down exercises: Finish the lesson with a series of cool-down exercises to stretch and relax the muscles.

## Talking Points

- "Aerial silks is a form of acrobatics that involves performing tricks and poses while suspended from a long piece of fabric."
- "It's important to warm up before practicing aerial silks to prevent injuries and prepare our muscles for the physical activity."
- "To climb the fabric, we need to use both our arms and legs. We can wrap the fabric around our feet and push up with our legs while pulling with our hands."
- "Foot locks are like a secure knot that we create with the fabric around our foot. They help us support our weight and perform different poses."
- "Remember to always maintain a strong grip on the fabric to ensure our safety. We don't want to slip or lose control."
- "Start with simple poses and moves, and as you become more comfortable and confident, you can try more challenging ones."
- "Cool-down exercises are important to help our muscles relax and prevent soreness after practicing aerial silks."