



SESSION: 1
Welcome and Introduction

Ages 4-5yrs
45 min

v.1 2024



Props:

Polka Dots Stamps

Playlist

- 1) Teacher Choice
- 2) Teachers Choice
- 3) Shake My Sillies Out
- 4) R and L Foot
- 5) Teacher Choice
- 6) Teacher Choice
- 7) You Make Me Feel Like
- 8) Written In the Stars
- 9) Born This Way
- 10) N/A
- 11) Me-Ah Smile
- 12) Double Bubble Gum
- 13) N/A

Attendance – welcome and warm up (5 min)

Warm up in lines – with polka dots

- 1) Follow the Leader – in circle around polka dots
- 2) Warm up - in circle

Creative Movement (2 min)

- 3) Shake My Sillies Out
- 4) Right and Left Foot

Across Floor – Locomotor Skills (5 min)

2 **or 3 lines across the floor, one at a time**

- 5) High Marches – on demi pointe
- 6) Forward Gallops – right and left

Centre Work – Stationary Skills (10 min)

in lines – with polka dots – work on merging away from using polka dots for spots

- 7) Combo #1 – Stretch
- 8) Combo #2 – Step touch and sway
- 9) Combo #3 – Gallops and Marches

Vocals (10 min)

- 10) Breathing – Pant like a dog, play doh face, fishy lips
- 11) Me-Ah Smile
- 12) Double Bubble Gum

Improv (10 min)

- 13) Teachers Choice – Improv, Acting or Charades

Goodbye (2 min)

- 14) Circle and Bow to friends, bow to teacher

must be lined up at door to receive stamps