

**SESSION: 2****Halloween**

Ages 4-5yrs
45 min

v.1 2024

**Props**

Polka Dots
Pylons

Hula Hoops
Beam

Stamps
Tunnel

Playlist

- 1) Monster Mash
- 2) Shake My Sillies Out
- 3) Halloween Night
- 4) N/A
- 5) Ghostbusters
- 6) N/A
- 7) Me-Ah Smile
- 8) Double Bubble Gum
- 9) N/A
- 10) N/A

Attendance – welcome and warm up (3 min)

Warm up in lines – with polka dots

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

Creative Movement (5 min)

- 2) Shake My Sillies Out
- 3) Halloween Night

Across Floor – Locomotor Skills (5 min)

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

- 4) Halloween Action Cards

Obstacle Course (10 min)

Practice dancers taking shoes off and on by themselves

- 5) Obstacle Course #1 – see video

Including:

- Bear Walk
- Runs – knees up
- Frog Jump
- Tip Toe Walks

Vocals (10 min)

- 6) Breathing – Pant like a dog, play doh face, fishy lips
- 7) Me-Ah Smile
- 8) Double Bubble Gum

Improv (10 min)

- 9) Teachers Choice – Improv, Acting or Charades

Goodbye (2 min)

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

must be lined up at door to receive stamps