



SESSION: 1

Welcome and Introduction

Ages 18m – 3yrs
45 min

v.1 2024



Props

Polka Dots

Story Book – Animal Dance

Ribbons

Stamps

Attendance – welcome and warm up (5 min)

In a Circle - Jump when name called for attendance

- 1) Hello Song
- 2) Head, Shoulders, Knees, Toes
- 3) Shake Sillies Out

Creative Movement (3 min)

- 4) Animal Action – around room

Playlist

- 1) Hello Song
- 2) Head, Shoulders, Knees, Toes
- 3) Shake Sillies Out
- 4) Animal Action
- 5) New Way to Walk
- 6) N/A
- 7) N/A - sing
- 8) Tap Tap Tap Clap Clap Clap
- 9) Goin on a Bear Hunt
- 10) Story Book – Animal Dance
- 11) Wheels on the Bus
- 12) Siesta

Across Floor – Locomotor Skills (5 min)

Train track or polka dots across back of room for each dancer

- 5) Marches - 2 weeks practice together – enforce high knees – work up to one at a time

Centre Work – Stationary Skills (10 min)

Each dancer on a polka dot, straight line, middle of room

- 6) Practice parallel to turn out – 1st position
- 7) 'This is A Plie'
- 8) Tap Tap Tap Clap Clap Clap

Creative Movement (3 min)

- 9) Going on a Bear Hunt

Storybook (7 min)

- 10) Storytime – Animal Dance

Creative Movement (5 min)

- 11) Wheels on the Bus – Ribbons – circle, sways/rainbows, zig zag, up/down

Goodbye (5 min)

- 12) Siesta Song

Choo Choo train -hands on shoulders - line up at door to receive stamp and walk out of room in a line to greet parents