



SESSION: 1

Welcome and Introduction

Ages 3-4yrs
45 min

v.1 2024



Props

Polka Dots

Stamps

Attendance – welcome and warm up (8 min)

In a Circle - Jump when name called for attendance

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

Creative Movement (2 min)

- 3) Shake Sillies Out

Playlist

- 1) Teachers Choice
- 2) Teachers Choice
- 3) Shake Sillies Out
- 4) Teachers Choice
- 5) Teachers Choice
- 6) Teachers Choice
- 7) Musical Statues
- 8) N/A
- 9) I'm So Happy
- 10) N/A
- 11) N/A
- 12) Emotions Hokey Pokey
- 13) Chicken Dance
- 14) Make a Circle
- 15) N/A
- 16) Bye Bye, Goodbye

Across Floor – Locomotor Skills (10 min)

Polka dots corner to corner – X formation

- 4) High Marches on demi point
- 5) Skips
- 6) Front Gallops – right and left – arms held L opposition (add arms as weeks progress)

Creative Movement (2 min)

- 7) Musical Statues

Vocals (10 min)

- 8) Breathing – Pant like a dog, play doh face, fishy lips
- 9) I'm So Happy
- 10) Tongue Twister – Red Leather, Yellow Leather

Centre Work – Stationary Skills (10 min)

- 11) This is a Plie, This is a Tendu, This is a saute – add new section each week
- 12) Emotions – The Emotions Hokey Pokey
- 13) The Chicken Dance

Creative Movement (2 min)

- 14) Make a Circle
- 15) Circle Practice - open and close circle and count to 8 galloping each direction

Goodbye (2 min)

- 16) Bye Bye, Goodbye

line up at door in choo choo train for stamps