



SESSION: 2 Halloween

Ages 3-4yrs
45 min

v.1 2024



Props

Polka Dots
Hula Hoops

Stamps
Pylons

Beam
Tunnel

Playlist

- 1) I Want Candy
- 2) Witchdoctor
- 3) Shake Sillies Out
- 4) Halloween Night
- 5) Thriller
- 6) Problem
- 7) Candy Girl
- 8) This is The Way on Halloween
- 9) Ding Dong the Witch Is Dead
- 10) Disturbia
- 11) Monster Mash
- 12) Ghostbusters
- 13) Bye Bye, Goodbye

Attendance – welcome and warm up (8 min)

In a Circle - Jump when name called for attendance

- 1) Follow the Leader – in circle around polka dots
- 2) Warm up - in circle
- 3) Shake Sillies Out – on polka dots

Creative Movement (2 min)

- 4) Halloween Night – around the room

Across Floor – Locomotor Skills (10 min)

Polka dots corner to corner – X formation

- 5) Up Up down, clap
- 6) Hopscotch with polka Dots
- 7) Runs on Demi Pointe with turn

Creative Movement (2 min)

- 8) This is The Way on Halloween – around the room

Centre Work – Stationary Skills (10 min)

on polka dots in 2 lines across the centre

- 9) 4 gallops, 4 jumps (side to side)
- 10) Step Touch
- 11) Jump Claps

Obstacle Course (10 min)

- 12) Obstacle Course #1 – see video

Including:

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

Goodbye (2 min)

- 13) Bye Bye, Goodbye

line up at door in choo choo train for stamps