



SESSION: 4
Winter Welcome
Ages 3-4yrs
45 min

v.1 2025



Polka Dots

Props

Parachute

Stamps

Attendance – welcome and warm up (8 min)

In a Circle on parachute Jump when name called for attendance

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

Creative Movement (5 min)

- 3) Parachute - Gallop when color called
- 4) Walking With the Parachute
- 5) Shake Sillies Out

Across Floor – Locomotor Skills (10 min)

Polka dots corner to corner – X formation

- 6) Skips
- 7) Side Gallops – with partner and spin under arms
- 8) Grapevine - sideways

Vocals (10 min)

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

Centre Work – Stationary Skills (10 min)

- 12) Review Right and left – quiz dancers - Right and Left Song
- 13) 4 claps, 4 jumps, 4 claps, 4 jumps turning – practice to the right and to the left

Creative Movement (2 min)

- 14) Freeze Dance

Playlist

- 1) Be Our Guest
- 2) You've Got a Friend In Me
- 3) Lollipop
- 4) Walking With the Parachute
- 5) Shake Sillies Out
- 6) Green Eggs and Ham
- 7) Positovity
- 8) Just Can't Wait to Be King
- 9) N/A
- 10) I'm So Happy
- 11) N/A
- 12) Right and Left Song
- 13) One Jump
- 14) Freeze Dance
- 15) Bye Bye, Goodbye

Goodbye (2 min)

- 15) Bye Bye, Goodbye

line up at door in choo choo train for stamps