



SESSION: 5

Spring

Ages 18m – 3yrs
45 min

v.1 2025



Props

Polka Dots	Stamps	Book
Balance Beam	Tunnel	Pylons

Playlist

- 1) Hello Song
- 2) Tap Your Toes and Follow Me
- 3) Shake Sillies Out
- 4) Tip Toe
- 5) N/A
- 6) 10 Little Bumblebees
- 7) Let It Go
- 8) Five Little Hearts
- 9) Book – DANCE – Mermaids
- 10) The Goldfish Song
- 11) Siesta

Attendance – welcome and warm up (5 min)

In a Circle - Jump when name called for attendance

- 1) Hello Song
- 2) Tap Your Toes and Follow Me

Creative Movement (2 min)

- 3) Shake Sillies Out
- 4) Tip Toe – around the room

Across Floor – Locomotor Skills (10 min)

- 5) Skip preparation - Holding hands across back – hops and switch
- 6) Bumble Bee Runs

Creative Movement (6 min)

- 7) Obstacle Course
 - Balance Beam – forward tip toes, sideways, backwards; tunnel; pylons – zig zag

Centre Work – Stationary Skills (10 min)

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

- 8) Five Little Hearts

Story Time/Sing Along (6 min)

- 9) Book – DANCE - Mermaids

Creative Movement (3 min)

- 10) The Goldfish Song

Goodbye (3 min)

- 11) 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