



SESSION: 5

Spring

Ages 3-4yrs
45 min

v.1 2025



Props

Polka Dots
Hula Hoops

Stamps
Pylons

Beam
Tunnel

Playlist

- 1) Be Our Guest
- 2) You've Got a Friend In Me
- 3) Stop on a Dot
- 4) Shake Sillies Out
- 5) Revolting Children
- 6) I Won't Grown Up
- 7) Trashin the Camp
- 8) 5 Little Hearts
- 9) N/A
- 10) I'm So Happy
- 11) N/A
- 12) Love Is a Circle
- 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) Stop on a Dot – around room – stop on new dots

Creative Movement (2 min)

- 4) Shake Sillies Out – on polka dots

Across Floor – Locomotor Skills (10 min)

Polka dots corner to corner – X formation

- 5) Obstacle Course
 - Balance Beam, hula hoops, pylons, tunnel, bean bags

Centre Work – Stationary Skills (10 min)

on polka dots in 2 lines across the centre

- 6) Step touch side to side – transition into jump clap after 2 weeks
- 7) 4 gallops side, 4 claps
- 8) 5 Little Hearts

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

Creative Movement (2 min)

- 12) Love Is a Circle - Ribbons

Goodbye (2 min)

- 13) Bye Bye, Goodbye

line up at door in choo choo train for stamps