



# SESSION: 7

Rhythm

Ages 4-5yrs

45 min

v.1 2025



## Props:

Polka Dots

Stamps

## Playlist

- 1) I'm a Believer
- 2) Exercise on Sesame Street
- 3) We Don't Talk about Bruno
- 4) You Can't Stop the Beat
- 5) Footloose
- 6) Nicest Kids in Town
- 7) N/A
- 8) Me-Ah Smile
- 9) Double Bubble Gum
- 10) Chester Cheetah
- 11) N/A
- 12) N/A

## Attendance – welcome and warm up (3 min)

**Warm up in lines – with polka dots**

- 1) Follow the Leader – in circle around polka dots

## Creative Movement (8 min)

- 2) Exercise on Sesame Street

## Across Floor – Locomotor Skills (5 min)

**2 or 3 lines across the floor, one at a time**

- 3) High Marches – on demi pointe
- 4) Forward Gallops – right and left – with arms in L opposition

## Centre Work – Stationary Skills (7 min)

**in lines – with polka dots – work on merging away from using polka dots for spots**

- 5) Combo #2 – Step touch and sway
- 6) Combo #3 – Gallops and Marches

## Vocals (10 min)

- 7) Breathing – Pant like a dog, play doh face, fishy lips
- 8) Me-Ah Smile
- 9) Double Bubble Gum
- 10) Tongue Twister – Chester Cheetah

## Improv (10 min)

- 11) Teachers Choice – Improv, Acting or Charades

## Goodbye (2 min)

- 12) Circle and Bow to friends, bow to teacher

**\*must be lined up at door to receive stamps\***