

**SESSION: 8**

Rhymes

Ages 4-5yrs

45 min

v.1 2025

**Props**

Polka Dots

Fitness Skills Cards

Stamps

Playlist

- 1) I'm a Believer
- 2) Lollipop
- 3) Shake My Sillies Out
- 4) N/A
- 5) Bop to the Top
- 6) Cha Cha Slide
- 7) N/A
- 8) Me-Ah Smile
- 9) Double Bubble
- 10) Chester Cheetah
- 11) N/A
- 12) N/A

Attendance – welcome and warm up (5 min)**Warm up in lines – with polka dots**

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

Creative Movement (2 min)

- 3) Shake My Sillies Out

Across Floor – Locomotor Skills (5 min)**2 or 3 lines across the floor, one at a time**

- 4) Review fitness cards/skills

Centre Work – Stationary Skills (10 min)***on polka dots in 2 lines across the centre***

- 5) 4 gallops, 4 jumps (side to side)
- 6) Cha Cha Slide

Vocals (10 min)

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