

**SESSION: 9**

Giggles
Ages 4-5yrs
45 min

v.1 2025

**Props:**

Polka Dots Fitness Flash Cards Stamps

Attendance – welcome and warm up (7 min)

Warm up in lines – with polka dots

- 1) Follow the Leader – in circle around polka dots
- 2) Cardio Time – review with flashcards

Creative Movement (3 min)

- 3) Shake My Sillies Out

Playlist

- 1) I'm a Believer
- 2) Cardio Time
- 3) Shake My Sillies Out
- 4) N/A
- 5) Me-Ah Smile
- 6) Double Bubble Gum
- 7) Hakuna Matata
- 8) N/A
- 9) N/A

Vocals (10 min)

- 4) Breathing – Pant like a dog, play doh face, fishy lips
- 5) Me-Ah Smile
- 6) Double Bubble Gum

Centre Work – Stationary Skills (10 min)**7) SHOWCASE CHOREOGRAPHY****Improv (10 min)**

- 8) Teachers Choice – Improv, Acting or Charades

Goodbye (2 min)

- 9) Circle and Bow to friends, bow to teacher
must be lined up at door to receive stamps