



SESSION: 7

Rhythm

Ages 18m – 3yrs
45 min

v.1 2025



Props

Polka Dots

Book – Tap, Tap, Tap

Scarves

Stamps

Rhythm Sticks

Playlist

- 1) Hello Song
- 2) The Stretch Song
- 3) Shake Sillies Out
- 4) Hop Little Bunnies
- 5) This is the Way
- 6) Hoedown
- 7) Ring Around the Rosy
- 8) N/A
- 9) Bean Bag Rock
- 10) Book – Tap, Tap, Tap
- 11) N/A
- 12) Slow/Fast
- 13) Siesta Song

Attendance – welcome and warm up (7 min)

In a Circle - Jump when name called for attendance

- 1) Hello Song
- 2) The Stretch Song
- 3) Shake Sillies Out

Creative Movement (3 min)

- 4) Hop Little Bunnies

Across Floor – Locomotor Skills (5 min)

Train track or polka dots across back of room for each dancer

- 5) Side Gallops – strong arms in 2nd position
- 6) Skips – across floor – one at a time

Creative Movement (3 min)

- 7) Ring Around the Rosy – practice making a circle holding hands

Centre Work – Stationary Skills (7 min)

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

- 8) Bean Bag balance – balance in retire, balance on demi pointe, tip toe walks in circle around polka dot
- 9) Bean Bag Rock

Storybook (8 min)

- 10) Book – Tap, Tap, Tap
- 11) Clap back rhythms – rhythm sticks

Creative Movement (5 min)

- 12) Slow/Fast Music – scarves

Goodbye (5 min)

- 13) 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