



SESSION: 7

Rhythm
Ages 3-4yrs
45 min

v.1 2025



Props

Polka Dots Stamps Steppingstones

Attendance – welcome and warm up (6 min)

In a Circle - Jump when name called for attendance

- 1) Follow the Leader – in a circle around polka dots
- 2) Warm up - butterfly, straddle, jumps, hips, balance

Creative Movement (4 min)

- 3) Happy Dance – Hand Jive
- 4) Shake Sillies Out

Playlist

- 1) Paris Holds the Key
- 2) Hard Knock Life
- 3) Happy Dance
- 4) Shake Sillies Out
- 5) Supercali...
- 6) Green Eggs and Ham
- 7) Positooty
- 8) Ring Around the Rosie
- 9) N/A
- 10) I'm So Happy
- 11) N/A
- 12) Ballet Shark
- 13) Chicken Dance
- 14) One Jump Ahead
- 15) Bye Bye, Goodbye

Across Floor – Locomotor Skills (10 min)

Polka dots corner to corner – X formation

- 5) High Marches on demi point – arms swinging like a soldier
- 6) Skips – criss cross arms with partner
- 7) Front Gallops – right and left – arms held L opposition (add arms as weeks progress)

Creative Movement (2 min)

- 8) Ring Around the Rosy

Vocals (8 min)

- 9) Breathing – Pant like a dog, play doh face, fishy lips
- 10) I'm So Happy
- 11) Tongue Twister – Peter Piper

Centre Work – Stationary Skills (8 min)

- 12) Ballet Shark
- 13) Chicken Dance – Practice do see do with partners

Creative Movement (2 min)

- 14) Steppingstones – obstacle – jump over, step on top, balance across – experiment with different ways to travel on or through/around

Goodbye (2 min)

- 15) Bye Bye, Goodbye

***line up at door in choo choo train for**