



## SESSION: 8

Rhymes

Ages 3-4yrs

45 min

v.1 2025



### Props

Polka Dots

Bean Bags

Stamps

### Attendance – welcome and warm up (8 min)

**In a Circle - Jump when name called for attendance**

- 1) Follow the Leader – in circle around polka dots
- 2) Warm up - in circle
- 3) Shake Sillies Out – on polka dots

### Creative Movement (2 min)

- 4) Clap With Me

### Playlist

- 1) Paris Holds the Key
- 2) Hard Knock Life
- 3) Shake Sillies Out
- 4) Clap With Me
- 5) You're Never Fully Dressed
- 6) Jump in the Line
- 7) Princess/Prince Things
- 8) Traffic Light Freeze Dance
- 9) When Will My Life Begin
- 10) Rotten to the Core
- 11) N/A
- 12) N/A
- 13) N/A
- 14) The Floor Is Lava
- 15) Bye Bye, Goodbye

### Across Floor – Locomotor Skills (10 min)

**\*Polka dots corner to corner – X formation\***

- 5) Up Up down, clap
- 6) Hopscotch with polka Dots
- 7) Runs on Demi Pointe with turn

### Creative Movement (2 min)

- 8) Traffic Light Freeze Dance

### Centre Work – Stationary Skills (10 min)

**\*on polka dots in 2 lines across the centre\***

- 9) 4 gallops, 4 jumps (side to side)
- 10) Step Touch
- 11) Bean Bags – practice balancing – head, arms, knees (retire)

### Vocals (10 min)

- 12) Breathing – Pant like a dog, play doh face, fishy lips
- 13) Tongue Twister – She Sells Seashells

### Creative Movement (2 min)

- 14) The Floor Is Lava

### Goodbye (2 min)

- 15) Bye Bye, Goodbye

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