



## SESSION: 9

Giggles  
Ages 3-4yrs  
45 min

v.1 2025



### Props

Polka Dots

Stamps

### Attendance – welcome and warm up (7 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 (5 min)

- 3) Shake Sillies Out
- 4) Walk In the Jungle

### Playlist

- 1) Paris Holds the Key
- 2) Hard Knock Life
- 3) Shake Sillies Out
- 4) Walking In the Jungle
- 5) Supercali...
- 6) Green Eggs and Ham
- 7) Positooovity
- 8) N/A
- 9) I'm so Happy
- 10) N/A
- 11) A Sailor Went to Sea
- 12) Following Direction
- 13) Bye Bye, Goodbye

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

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

- 5) High Marches on demi point
- 6) Skips
- 7) Gallops – with partners

### Vocals (8 min)

- 8) Breathing – Pant like a dog, play doh face, fishy lips
- 9) I'm So Happy
- 10) Tongue Twister – Red Leather, Yellow Leather

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

#### 11) SHOWCASE CHOREOGRAPHY

### Creative Movement (2 min)

- 12) Following Direction

### Goodbye (2 min)

- 13) Bye Bye, Goodbye

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