

Creative movement/pre ballet Class plan

warm up

- Reach up high and sprinkle Star dust on your toes!
- Make a pizza (middle splits) (crust, sauce, cheese, toppings!)
- Fly on tummy
- Popcorn (1, 2, 3 Jump up and yell pop!)
- Make them dizzy: spinning, swaying, nodding 15 secs etc then stop
- big shape (Jump out and reach to make a big shape) little shape (pull everything in and make a little shape)
- butterfly walks (tippy toe walks with butterfly arms)
- bunny hops hop with both feet at the same time
- flamingo marches Like a skip without a jump
- skips

Games (information on how to play below)

- free dance
- flower dance

Free dance

Free dance is so important at this age! It helps the students become more aware of their bodies and how they can move. Put on a song and ask them if it is fast or slow. Once they give the correct answer have them dance with the music. They may need help so it would be great for parents to do this with them! Encourage them to make shapes with their arms.

Flower dance

Curl up on the floor and pretend to be seeds. Pretend to get some water on you. Wiggle wiggle wiggle grow into a _____ flower (happy, sad, surprised, angry, scared ballerina etc) Grow flower petals with your arms, sway in the wind, spin in the storm, fall on the ground. Make a seed again and repeat!