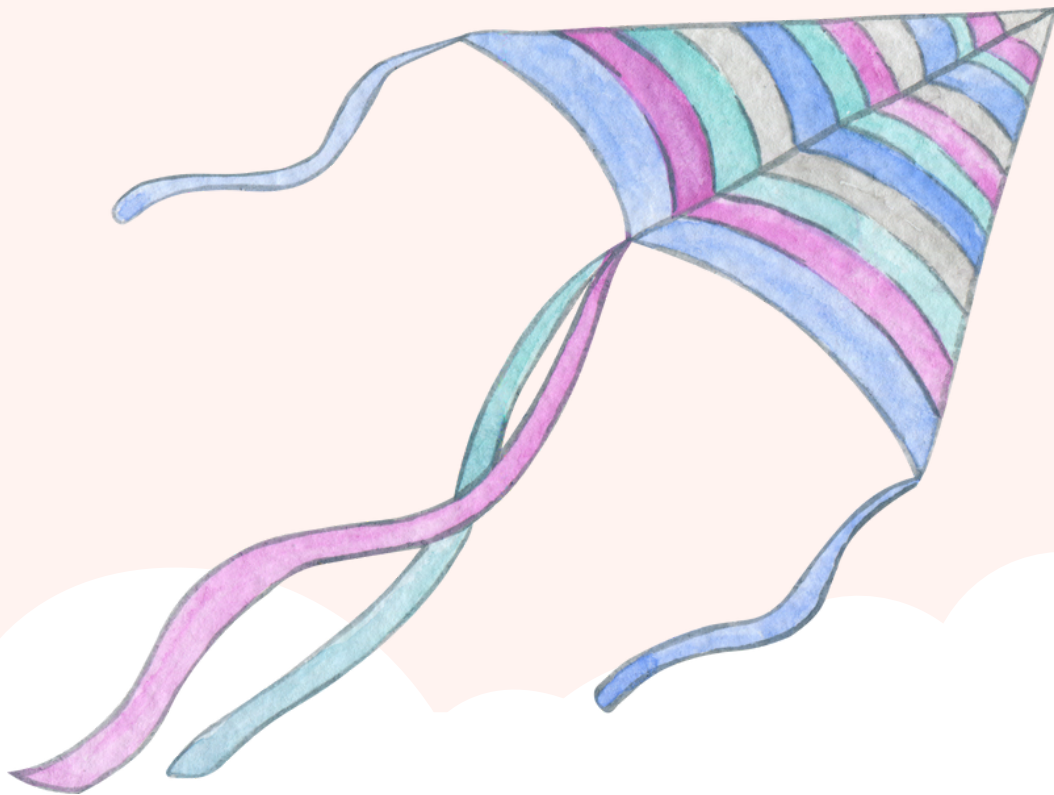


AT THE PARK



Little 
Acrobats™

PART OF THE
Children's Dance
Method™

At the Park

TODDLER: AGES 1.5 TO 3, WITH A CAREGIVER

PRESCHOOL: AGES 3 to 5 YEARS OLD

How to Begin Class

Begin your class by greeting your students. Ideally, they'll line up at your classroom door before class begins. When it's time for class, have them enter. You can give them a step to do to take their places for roll call, or simply have them walk to their places.

Next, take roll. Have a question of the day ready to ask your students. It can be something simple like, "What is your favorite color?" It can be theme-related like, "Do you like going to the park?" Or it can be something more personal like, "Tell me one fun thing you did this week." The purpose of the question is to help you connect with your students.

Circle Stretch

For complete activity details, please refer to the [Little Acrobats Curriculum - Syllabus Guide](#).

Let's Blow Bubbles!

Wiggles and Wakeup

Peek-a-Boo Toes

Hamstring Stretch (Preschool Only)

Down the Slide

Hide and Seek

Let's play hide and seek!

Rock and Roll (Preschool Only)

Play Ball!

Butterfly

Butterflies in the Park

Straddle Stretch (Preschool Only)

Balloon Toss (Optional: Toss a balloon while stretching!)

Hands and Wrists

Picking Dandelions (After picking them, blow the seeds away and watch them fly.)

Tabletop Bridge

Time for a Picnic

Cat/Cow Pose (Preschool Only)

Kitty Cat at the Park

Superhero Pose (Preschool Only)

Let's slide on our tummies!

Seal Pose (Preschool Only)

Make a Slide Shape

Technique

For complete activity details, please refer to the [Little Acrobats Curriculum - Syllabus Guide](#).

Plié

Ride Down the Slide

Twirls (Toddlers) / Rise and Turn (Preschool)

Ride the Carousel

Tendu (Preschool Only)

Get Ready to Walk Across a Balance Beam

Passé

Can you balance on a balance beam?

Sways

On the Swings! (Sway side to side)

Preschool: Optional, sway front to back too.

Sautés

I hear the ice cream truck! Who wants ice cream?

Raise your hand and sauté if you do.

Échappés

What flavor of ice cream do you want? Call out flavors as you échappé.

Sautés and Échappés (Preschool only)

Seesaw Sautés and Échappés! (Half the class goes, then the other half goes.)

Directional Hops

Hop across a field in different directions.

Hops with Quarter Turns (Preschool only)

Let's look for dandelions!

Hops on One Foot from Side to Side (Preschool only)

Like dandelion seeds in the wind. Make a wish!

Hops on One Foot (Preschool only)

The park is so much fun! Let's jump as high as we can on one foot with happiness.

Fireworks Jumps

Fireworks at the Park

Traveling

Please use the movement cards included at the end of this lesson plan.

Stations

Please use the station cards included at the end of this lesson.

Prop Time

For toddlers, "Prop Time" is simply a free dance with a prop of the teacher's choice. You may also do a freeze dance to reinforce listening skills.

For preschoolers, [choose one to three "Prop Time" activities from the Little Acrobats Curriculum - Syllabus Guide](#) for additional skill work.

Goodbye

You can (optionally) end your class with a brief free dance for students while you blow bubbles for them.

Finish your class by giving each student a sticker and telling them each something they did well in class that day. Focus on complimenting good effort, listening skills, and positive attitude more than skill accomplishments. Give each student a coloring page. These are a great way for students to bring a piece of dance class home with them for the week. Hand out certificates if it's the last week for the theme.

Music Playlist

You can find a music playlist with theme-inspired music for your acro dance class here:

[At the Park Music Playlist in Spotify](#)



AT THE PARK MOVEMENT CARDS

There are SO MANY ways you can use movement cards in your dance classes. For toddlers, we typically do use movement cards for traveling across the room and occasionally the merry go round option. For preschoolers, we like to incorporate all of the following ways with traveling across the room and the merry go round option as the most common. You may incorporate any of these ways during the "traveling" portion of class.

Traveling Across the Room

This is what we typically design our movement cards for. (Although they certainly don't have to be limited to this!) Choose a movement card like you're picking a card from a deck of cards. Or, let one of your students pick the card. The anticipation of what the next card and movement will be will help to keep your students' attention during the traveling portion of class. Plus, they always like seeing what cute animal or picture is on the card chosen!

Merry Go Round

Place your movement cards in a pile face-down in the center of the room. Have your students make a large circle. Call on one student to pick a card from the center. They pick a card from the pile. Play music as all students do the chosen movement in a large circle around the room. Pause the music and your students freeze (like in freeze dance!). Call on another student to pick a card next. Repeat until all students have had a turn or all movement cards have been used.

Add-On

This is one of my favorite pre-choreography activities. Make a dance by playing "Add-On", but with movement cards! Hold the cards out face-down, like a deck of cards, for a student to pick one. Have all students do the movement in place a certain number of times. (For example, 3 hops in place.) Have another student pick a card. Add that movement to the choreography. (For example, if the second card chosen was twirls, you might have your students do 3 hops then a twirl.) Continue until all students have had a turn. By the end, you'll have a little dance your students helped to make up!

Free-Dance

Let your students free dance, and choose movements from the movement cards!

NOTES FOR CARTWHEEL PREPARATION:

Most Likely for Toddlers. Cartwheel Preparation 1: Tummy-Hand-Hand-Jump-Tummy. The student should begin with their tummy facing the front. They place one hand on the mat stack, then the other hand on the mat stack. Then they jump over the mat stack and stand so their tummy faces front again.

Most Likely for Preschoolers. Cartwheel Preparation 2: Tummy-Hand-Hand-Foot-Foot-Tummy. The student should begin with their tummy facing front. They place one hand on the mat stack, then the other hand on the mat stack. Then they hop over the mat stack to land on one foot then the other foot. They should finish standing so their tummy faces front again.

More Advanced Option for Preschoolers. Cartwheel Preparation 3: Cartwheel Coordination Over the Mat Stack. In this version, students have the coordination of hands and feet. They still begin and end standing with their tummies facing front, but they do a smoother, more coordinated cartwheel over the mat stack. They should work on their torso being more up and down, perpendicular to the floor. Their legs may not quite be perpendicular—they may still be at an angle as the student does the cartwheel, but the student is working on stretched legs during the cartwheel.

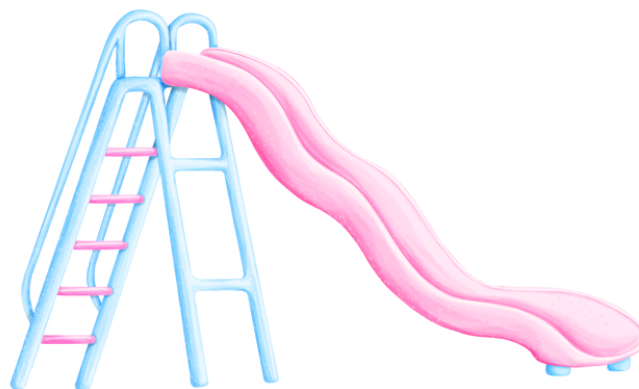
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MARCHES

TODDLER

Little Acrobats™



CARTWHEEL PREPARATION

TODDLER

Little Acrobats™



PASSÉ WALKS

TODDLER

Little Acrobats™



HOPS OR STEPS (ACROSS SPOT MARKERS)

TODDLER

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TIGHTROPE WALKS
(OPTIONAL ACROSS A BALANCE BEAM)

TODDLER

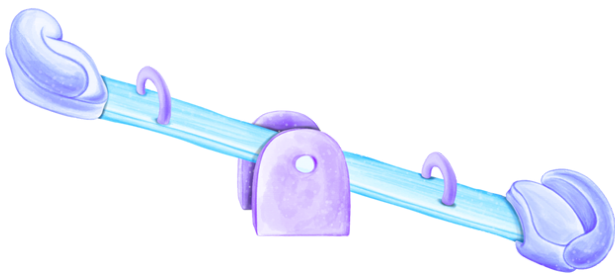
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TABLETOP POSE

TODDLER

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RUNS

TODDLER

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SWAYS

TODDLER

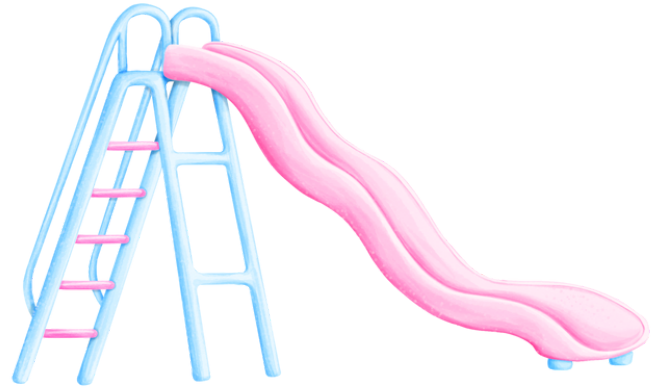
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GALOPS

PRESCHOOL

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CARTWHEEL PREPARATION

PRESCHOOL

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PASSÉ WALKS

PRESCHOOL

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HOPSCOTCH

PRESCHOOL

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TIGHTROPE WALKS EN DEMI POINTE
(OPTIONAL ACROSS A BALANCE BEAM)

PRESCHOOL

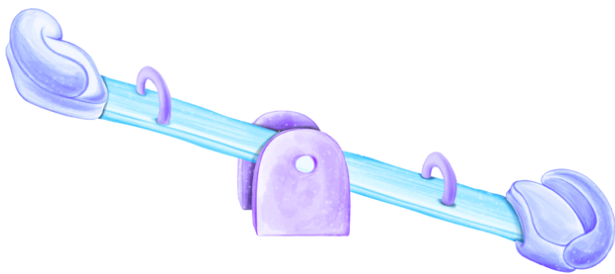
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TABLETOP WALKS

PRESCHOOL

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SEESAW FROG JUMPS
(TWO AT A TIME, ALTERNATING WHO JUMPS)

PRESCHOOL

Little Acrobats™



SWAYS

PRESCHOOL



AT THE PARK STATION CARDS

Card 1

Toddlers and Preschoolers. March around cones, spot markers, or hula hoops.

Card 2

Set a mat down to indicate where students should rock and roll.

Toddlers. Rock and roll on the mat.

Preschoolers. Rock and roll on the mat then jump up with the arms reaching high.

Card 3

Toddlers. Hop or step across spot markers.

Preschoolers. Hop across spot markers.

Card 4

Toddlers. Bear walks. Optional: tape a ladder on the floor for them to bear walk across.

Preschoolers. Same as toddlers, or set a ladder on an incline for students to climb up.

Card 5

Toddlers and Preschoolers. Superhero pose! (Lay on tummies with arms and legs stretched long.) Optional: have a Pilates ball or arched mat for students to lay on.

Card 6

Toddlers. Place a hula hoop on the floor for students to do a tabletop pose in.

Preschoolers. Place a hula hoop on the floor for students to tabletop walk around.

Card 7

Toddlers. Log rolls. Optional: on a flat or incline mat.

Preschoolers. Forward roll on an incline mat or mat stack.

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MARCHES

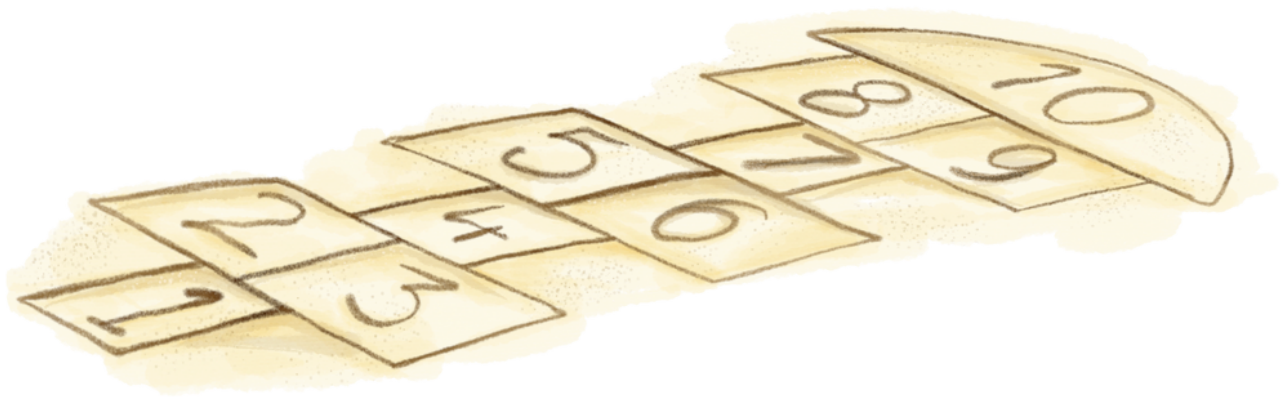
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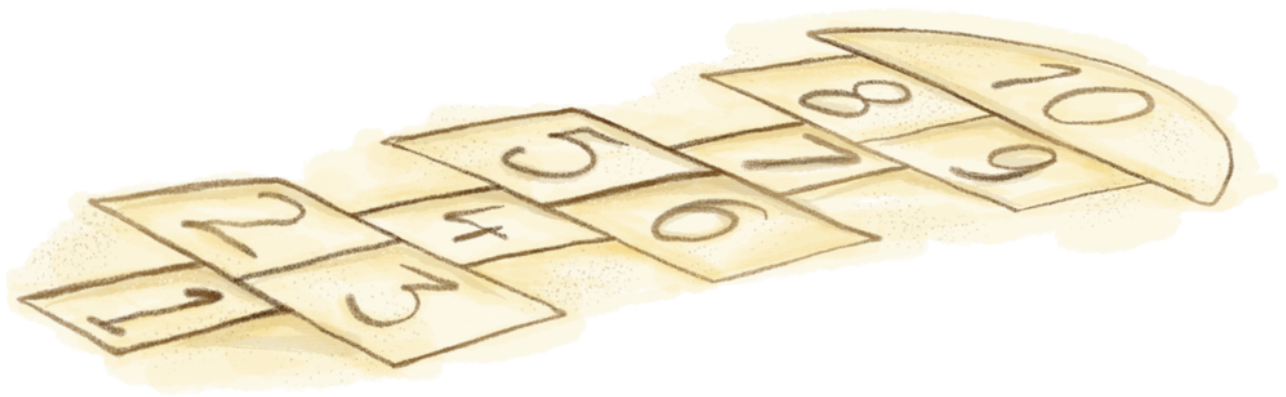
ROCK AND ROLL



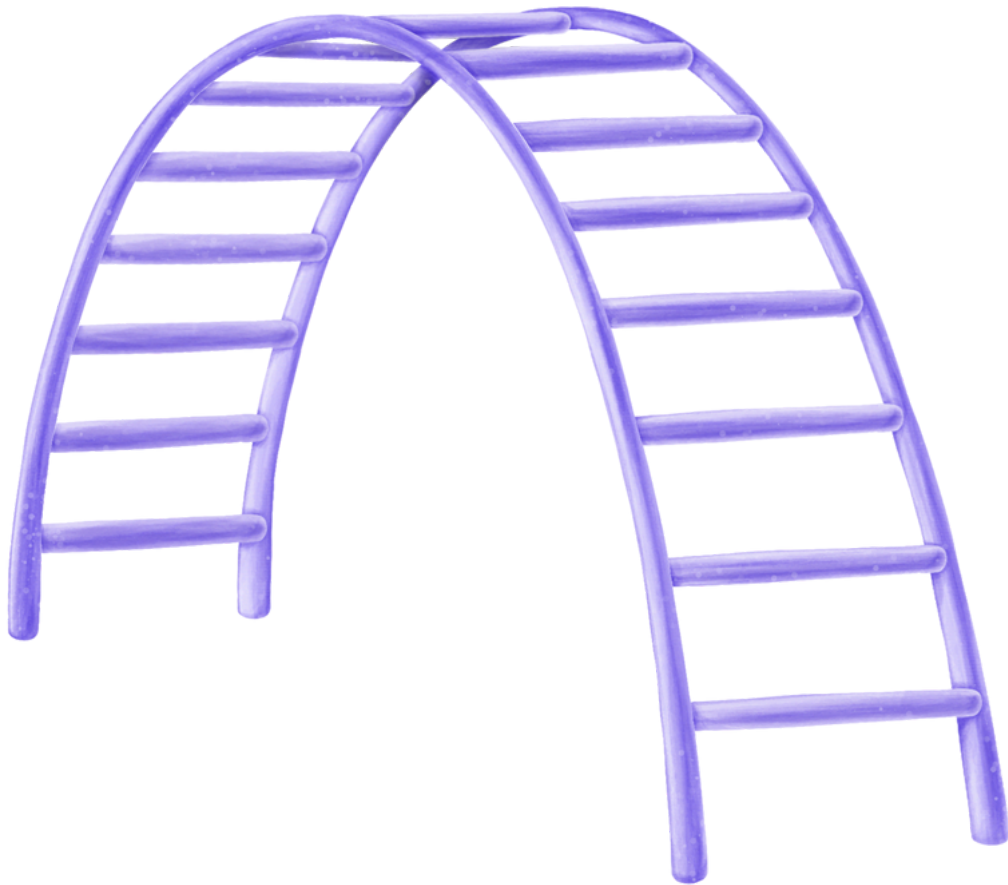
**ROCK AND ROLL +
JUMP WITH ARMS HIGH**



STEP OR HOP ACROSS



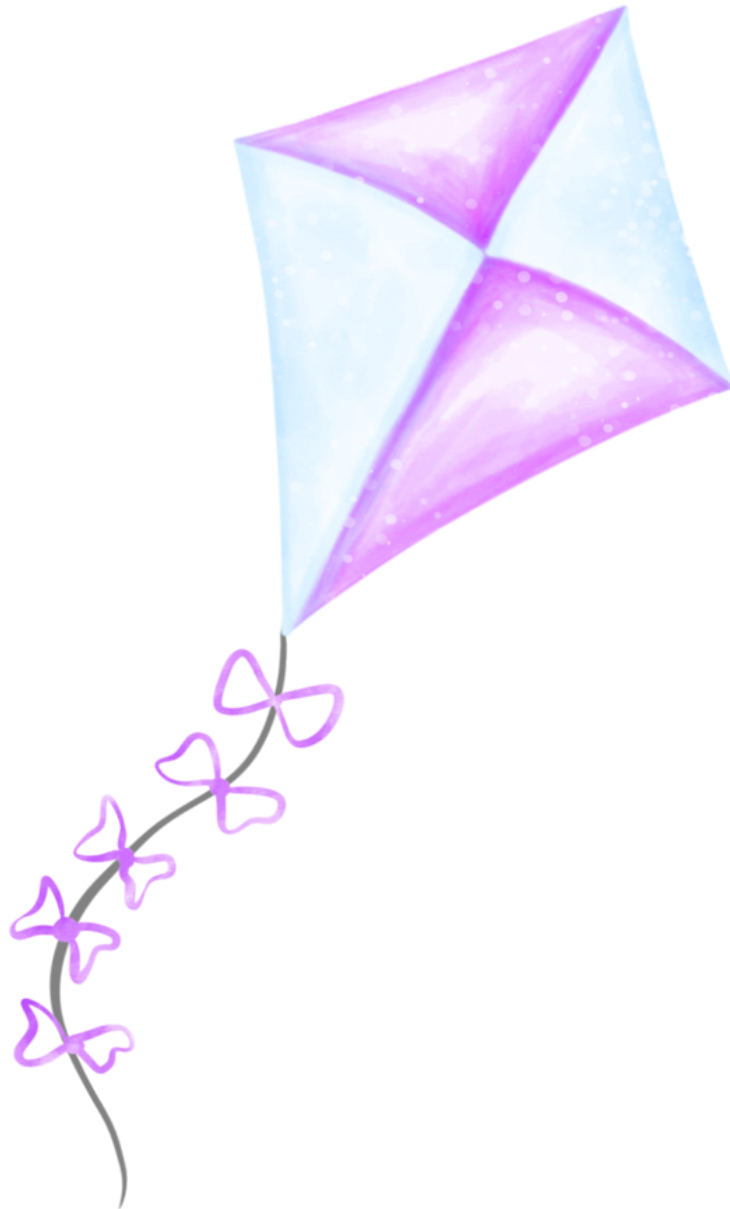
HOP ACROSS



BEAR WALKS



CLIMB THE LADDER



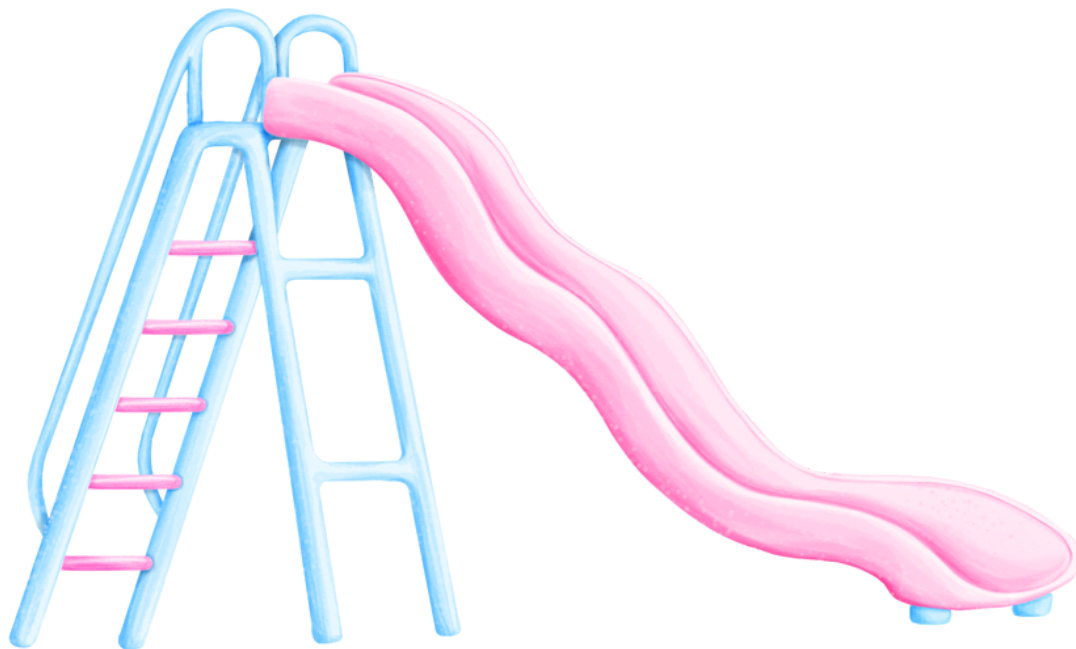
SUPERHERO POSE



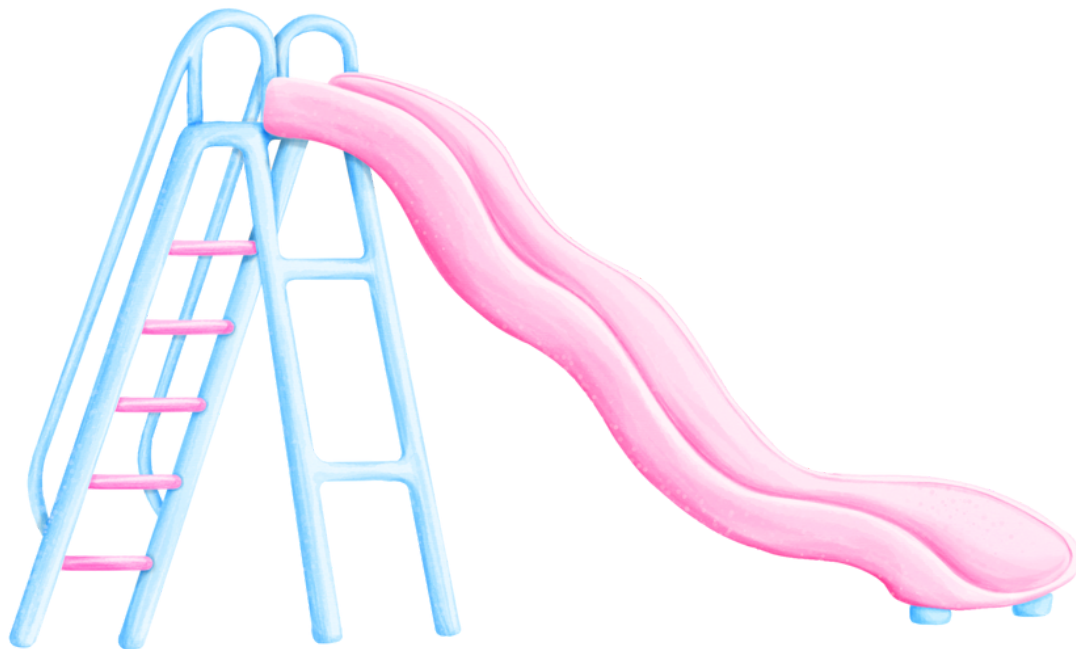
TABLETOP POSE



TABLETOP WALKS

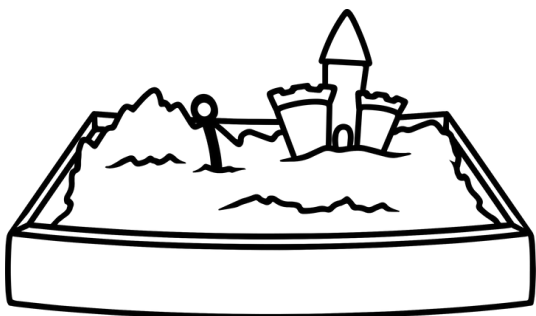
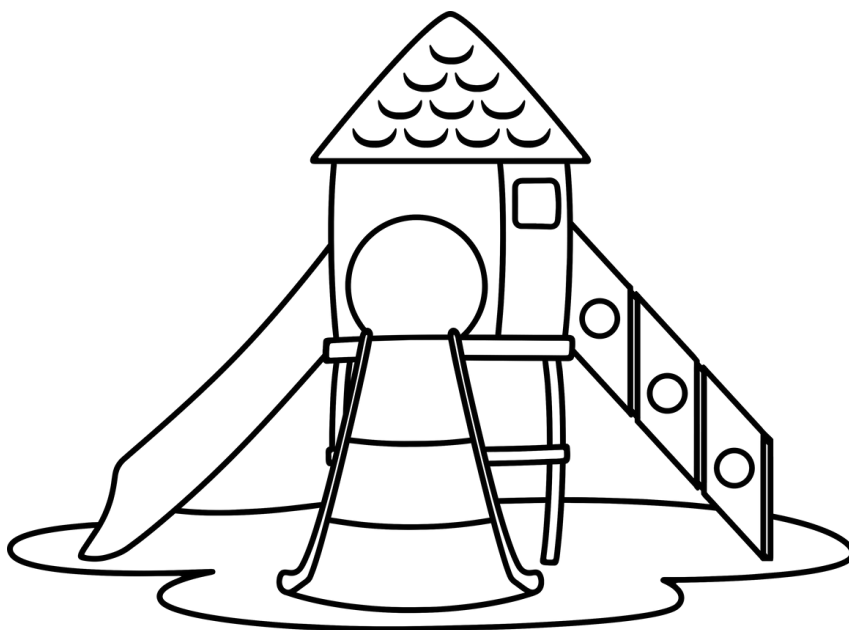


LOG ROLL

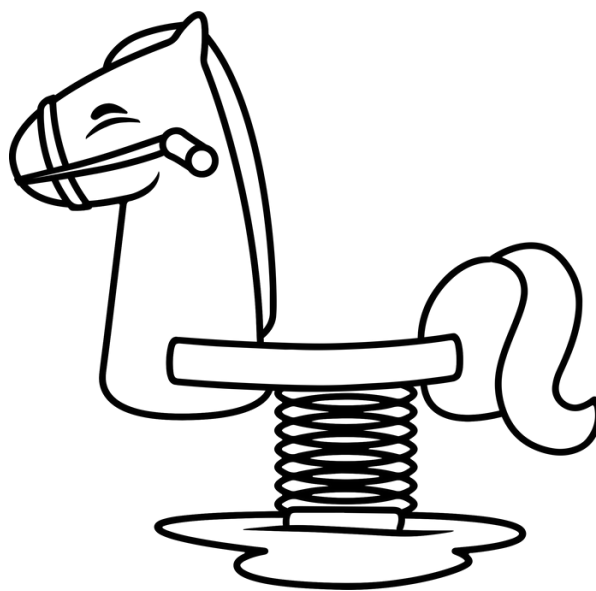


FORWARD ROLL

AT THE PARK

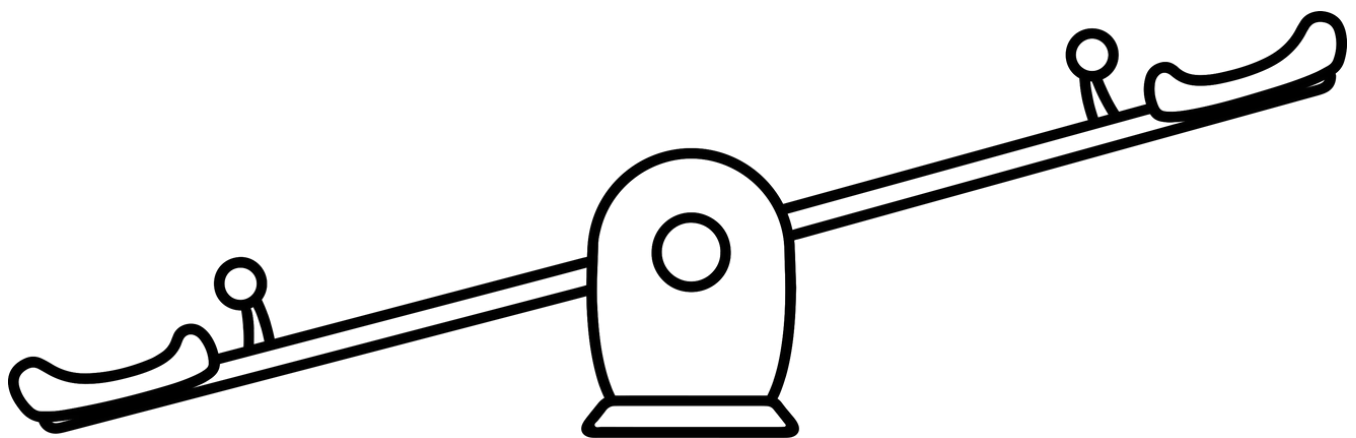


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