

SPLISH SPLASH AT THE POOL



Little 
Acrobats™

PART OF THE
Children's Dance
Method™

Splish Splash at the Pool

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, "What's your favorite thing to do at the pool?" 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

Cannon Balls

Rock and Roll (Preschool Only)

Cannon Balls (continued)

Butterfly

On a Float (Lay down and stretch long like you're on a float. Then sit up to butterfly and rock side to side. Don't fall off the float!)

Straddle Stretch (Preschool Only)

Beach Ball Toss (Optional: Toss or roll a real beach ball from student to student!)

Hands and Wrists

Nighttime Stars

Tabletop Bridge

Bridge over the Pool

Cat/Cow Pose (Preschool Only)

Waves in the Pool!

Superhero Pose (Preschool Only)

Let's Swim!

Seal Pose (Preschool Only)

Pose like a Slide

Technique

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

Plié—Let's ride down the slide and into the pool! Can you say, "Splash!" when you get to the bottom?

Twirls (Toddlers) / Rise and Turn

(Preschool)—Sprinkler Spins! Who likes going to the splash pad? Turn like you're under the sprinkler at a splash pad!

Tendu (Preschool Only)—What color are your flip-flops? Optional: Ask your students what color flip-flops they're pretending to wear. Students love to share and it helps them to create a connection with you for better classroom behavior!

Passé—Splash Pad Statues. Can you pose like a statue standing in a parallel passé at the splash pad? If your students like this idea, have them pose as other things as well. Does your splash pad have a theme? Maybe you're in a garden-themed splash pad and students pose as different plants or bugs. If you're at an ocean-themed splash pad, students can pose as different animals they might see in the ocean or at the beach.

Sways—Sways through the Splash Pad. Have your students pretend they are part of the splash pad. Spray water from side to side as you sway from side to side. For preschoolers: Add chassés into your sway for really big sprays! You can even let your students make a “swish” or spraying sound when they do their chassés. Optional: Give students ribbon streamers to hold as they sway to indicate water spraying!

Sautés

Jump really high to make a splash in the pool!

Échappés

Small straddle jump into the pool!

Directional Hops

Cannonball jump into the pool! (Toddlers do usual bunny hops; preschoolers try tuck jumps.)

Hops with Quarter Turns (Preschool only)

Let's look for sharks! (But that's silly—there are no sharks at the pool...)

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

Sharks and Minnows. (The foot you're jumping onto is the minnows. The second foot is the shark.)

Fireworks Jumps

Summertime Fireworks!

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:

[Splish Splash at the Pool Music Playlist in Spotify](#)



SPLISH SPLASH AT THE POOL - 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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BUNNY HOPS (OR STEPS)

TODDLER

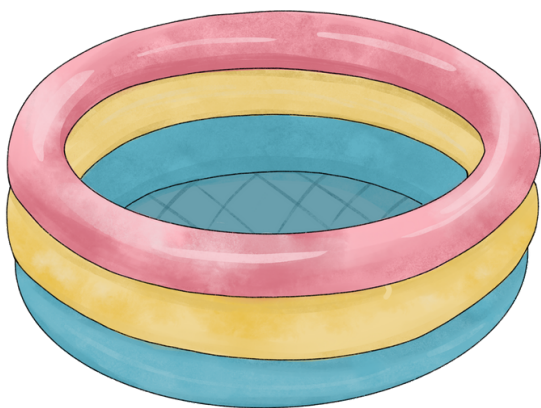
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CARTWHEEL PREPARATION

TODDLER

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TABLETOP WALKS

TODDLER

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RUNS

TODDLER

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LOG ROLLS

TODDLER

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PASSÉ WALKS (OPTIONAL: WEAR SUNGLASSES!)

TODDLER

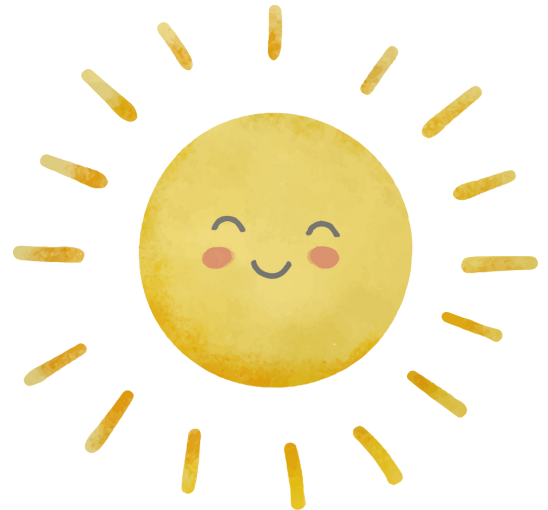
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LIFESAVER LEAPS

TODDLER

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FIREWORKS JUMPS

TODDLER

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BUNNY HOPS

PRESCHOOL

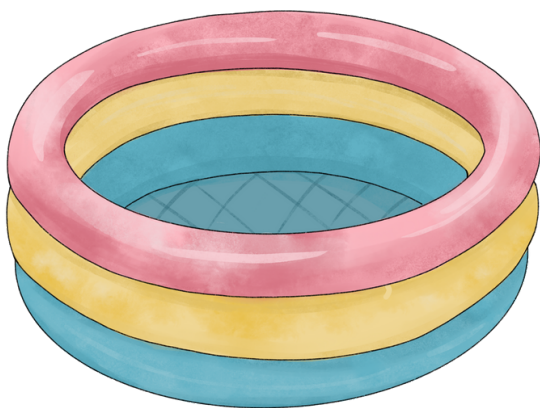
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CARTWHEEL PREPARATION

PRESCHOOL

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TABLETOP WALKS

PRESCHOOL

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RUNS EN DEMI POINTE

PRESCHOOL

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FORWARD ROLLS

PRESCHOOL

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PASSÉ WALKS EN DEMI POINTE (OPTIONAL: WEAR SUNGLASSES!)

PRESCHOOL

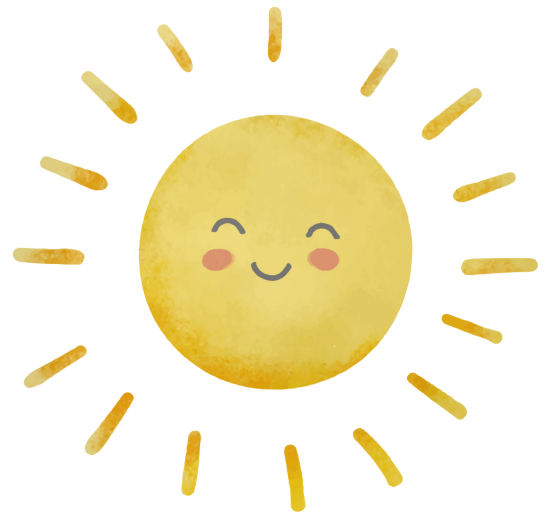
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LIFESAVER LEAPS

PRESCHOOL

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FIREWORKS JUMPS

PRESCHOOL



SPLISH SPLASH AT THE POOL - STATION CARDS

Card 1

Toddlers and Preschoolers. Seated pike. / tuck position. (Same as Hide and Seek.) Optional: Give students sunglasses to wear.

Card 2

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 3

Toddlers and Preschoolers. Cat/cow pose, pretending you have a beach ball on your back then under your tummy.

Card 4

Toddlers and Preschoolers. Bear walks. Optional: Let students wear a floatie as they bear walk. Optional for Preschoolers: Have students go around cones.

Card 5

Toddlers. Handstand Prep: Foot up, foot down on a mat stack.

Preschoolers. Handstand Prep: Foot up, foot up, foot down, foot down on a mat stack.

Card 6

Toddlers. Plank position then stand up and twirl like a soft-serve ice cream cone!

Preschoolers. Handstand with tummy facing the wall then stand up and twirl like a soft-serve ice cream cone!

Card 7

Toddlers. Step or hop across spot markers.

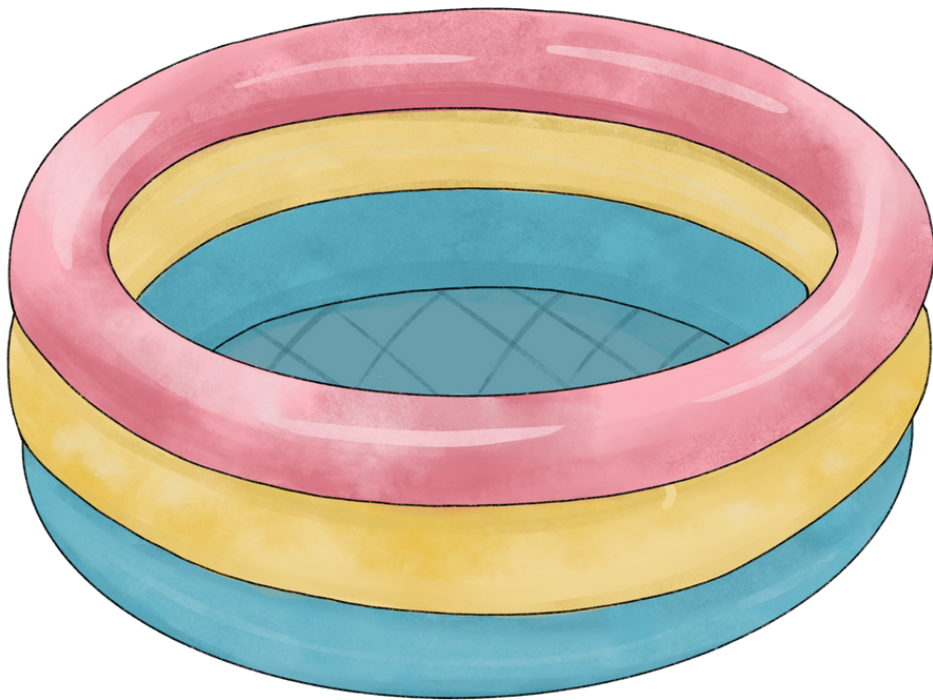
Preschoolers. Hop across spot markers.

Card 8

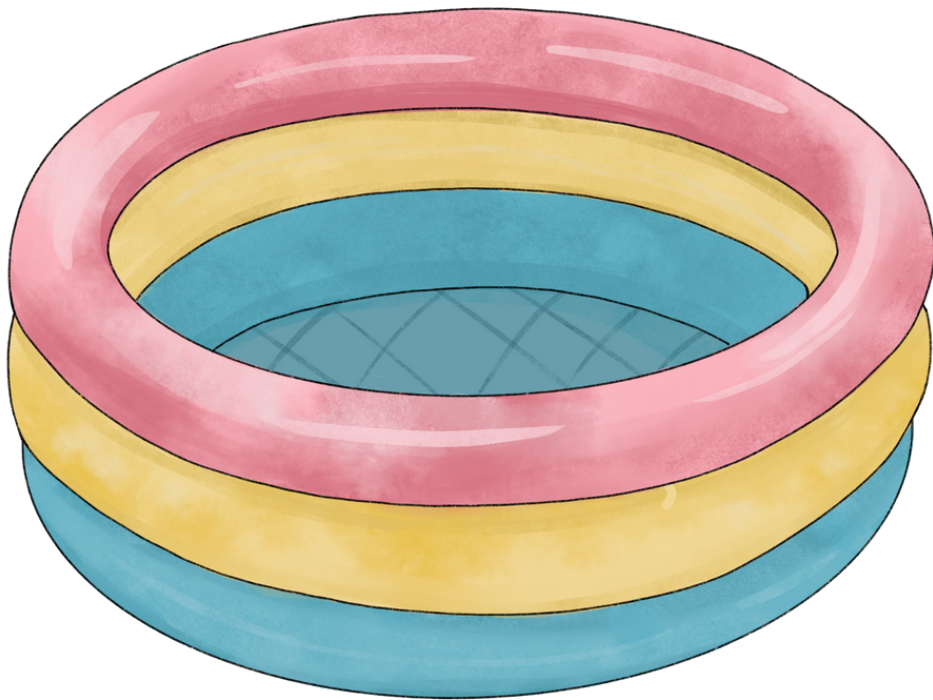
Preschoolers Only. Fireworks jump like the sun shining in the sky. Optional: Have a stepstool or similar for students to step up on, then fireworks jump off.



**PIKE / TUCK POSITION
(ALSO CALLED HIDE AND SEEK)**



TABLETOP POSE



TABLETOP WALK



CAT/COW POSE
(LIKE A BEACH BALL ON YOUR BACK THEN
ON YOUR TUMMY)



BEAR WALKS
(OPTIONAL: PUT ON A FLOATIE)



HANDSTAND PREP
FOOT UP, FOOT DOWN ON A MAT STACK



HANDSTAND PREP
FOOT UP, FOOT UP, FOOT DOWN,
FOOT DOWN ON A MAT STACK

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PLANK



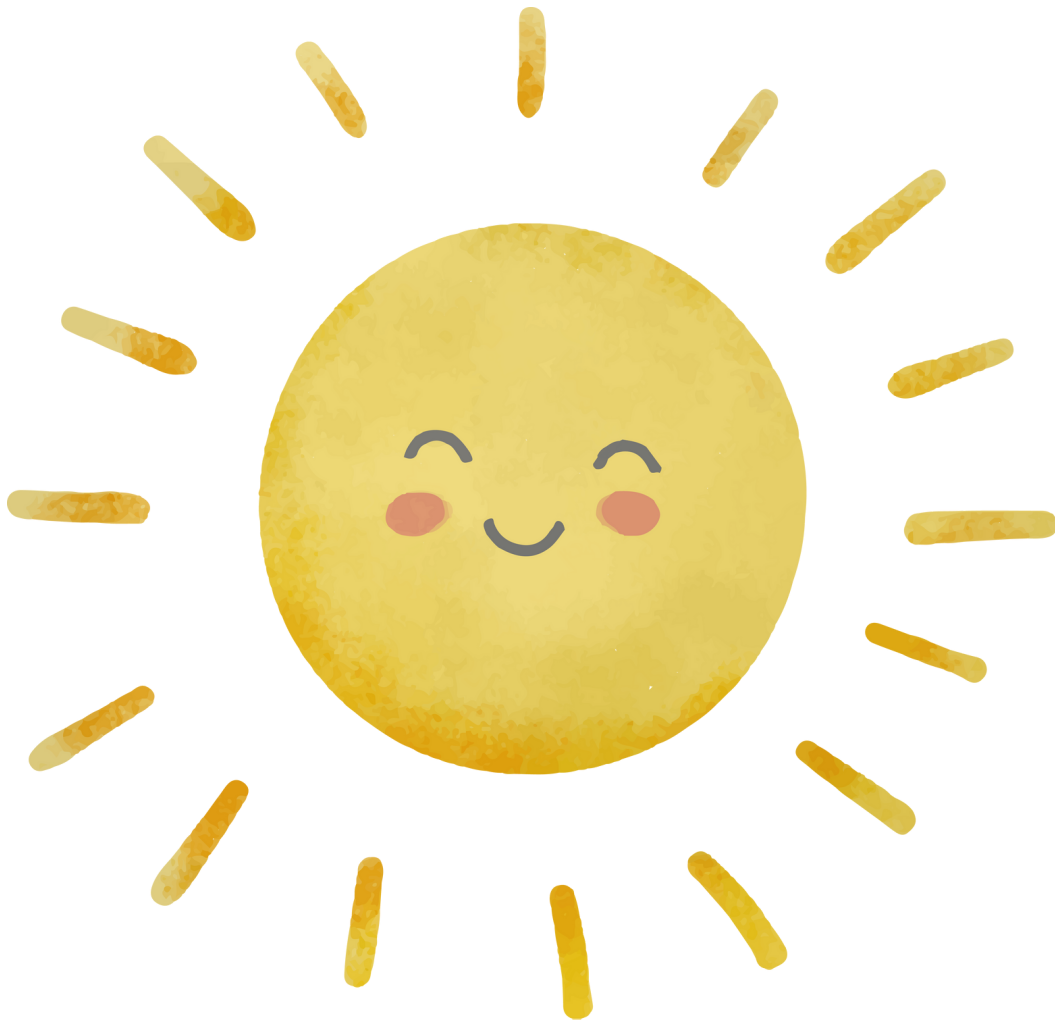
**HANDSTAND WITH TUMMY
FACING THE WALL**



**STEP OR HOP ACROSS
SPOT MARKERS**



HOP ACROSS SPOT MARKERS



**FIREWORKS JUMP LIKE THE SUNSHINE
IN THE SKY**

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