

LET'S JOURNEY DEEP IN THE JUNGLE!

IN THE JUNGLE

Little
DANCER[™] *Children's Ballet*
Method[™]



In the Jungle

Dance Activities

AGES 1.5 TO 3, WITH A CAREGIVER / AGES 3 to 5 / AGES 5 TO 7

Exploration

For complete activity details, please refer to the [Little Dancer Curriculum's Teacher Guide](#).

Centre Barre

Music: [I See the Light](#)

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Plié	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.	Pliés in 1st and 2nd.
Rise and Twirl	Twirls in parallel.	Rise and turn in parallel.	Rise and turn in 1st.
Tendu		Tendus front in parallel.	Tendus front and side, closing in 1st.
Piqué			Piqués front and side, closing in 1st.
Passé	Slow marches.	Parallel passés, balancing for 2 counts with each.	Parallel passés, balancing for 4 counts with each.
Sway	Sways side to side in parallel.	Sways and sways with chassés in parallel.	Sways side to side through second position, turned out. Sways front to back through fourth position, turned out.
3rd Arabesque			Step into tendu derrière, arms in 3rd arabesque. Float the arms down then back up to 3rd arabesque.

In the Jungle

Traveling A

Music: [The Bare Necessities \(Classical\)](#)

Jungle Animals. Let's travel like different jungle animals! We're in the jungle.

- Tiger Zig Zag Runs
- Wolf Trots
- Panther Leaps
- Bear Crawls
- Ape Prances
- Monkey Sways
- Python Slithers (Army Crawls)
- Elephant Stomps (Marches)

Traveling B

Music: [Arrival at King Louie's Temple](#)

Around the Jungle. Let's dance around and around the jungle. Have students make a large circle around the room. Place the stack of movement cards face down in the center of the room. Call on a student to go to the center of the room to pick a card. Play music while students do the chosen movement around the room. Pause the music for students to freeze. Pick another student to choose a card from the stack and repeat. Continue until all students have had a turn to pick a card or all cards have been used. Optional: Choose whether students should move at a low, medium, or high height for each movement.

Centre Allegro

Music: [Upside Down](#)

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Sautés	Parallel Sautés	Parallel Sautés	Sautés in 1st Position (Turned Out)
Échappés		Parallel Échappés	Échappés in 1st and 2nd Position (Turned Out)
Hops on Two Feet		Directional Hops (Parallel)	Hops with Quarter or Half Turns (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)	Hops on One Foot (Parallel)
Picked Up Jumps (Hop on two feet, bending your knees and kicking your feet up behind you—like in picked up runs.)			Picked Up Jumps
Spring Points / Spring Heels			Spring Points/ Spring Heels
Fireworks Jumps (Crouch down low, then jump out in a star shape—like fireworks!)	Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

In the Jungle

Free Dance A

Music: [We're Going to be Friends](#)

Which Jungle Animal Am I? Pick a movement from a movement card from this lesson set, without telling your students which animal goes with the movement. Play music while students do that movement freely around the room. Pause the music and have your students freeze. Ask them which animal they think they were. Continue through several movement cards.

Free Dance B

Music: [Jungle Gym](#)

Monkey's in a Tree. Place hula hoops around the room as trees. When music is playing, students dance freely around the room (the jungle). Optional: Pick a movement card and instruct students to do that movement. When the music pauses, students must find a hula hoop ("tree") to stand in. (More than one student may stand in the same hoop.) Pick one hoop to take away. When you pick a hoop, any students in the chosen hoop must quickly find another hoop ("tree") to go to. Continue until you have just one hoop left. Can all the little monkeys hide in that one hoop!?

Obstacle Course A

No music needed for this activity.

Jungle Course			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Tree Branch. Set out a balance beam as a tree branch.	Walk across a balance beam.	Passé walk en demi pointe across a balance beam.	Passé walk en demi pointe across a balance beam.
Tree Leaves. Place spot markers in a row as tree leaves.	Step across spot markers.	Hop across spot markers.	Hopscotch across spot markers.
Ancient Ruins. Use a step stool or mat stack as ancient ruins to climb up onto.	Step up onto a step stool or mat stack and jump off as high as you can.		
Water Fun. Set out two hula hoops as imaginary pools of water. Students run and jump (landing on two feet, as a precursor to assemble) into each.	Students run and jump (landing on two feet, as a precursor to assemble) into each.		

In the Jungle

Obstacle Course B

No music needed for this activity.

Animals of the Jungle			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Tiger Stripes	Walk in a zig zag path (along a taped line or around cones) like a tiger's stripes.	Run in a zig zag path (along a taped line or around cones) like a tiger's stripes.	Run en demi pointe in a zig zag path (along a taped line or around cones) like a tiger's stripes.
Elephant Trunks	Stomp (march) around a hula hoop, like an elephant's trunk curled up!		
A Panther's Black Fur. Tape several sheets of black construction paper to the floor, with space between each.	Students must step over each black strip.	Students must hop over each black strip.	Students must leap over each black strip.
Monkey Vines. Students take a green ribbon, ribbon streamer, or scarf in each hand and hold them out to the sides.	Walk across a balance beam.	Walk en demi pointe across a balance beam.	Passé walk across a balance beam.

Goodbye or Révérence

For complete details on "Goodbye" (ages 1.5 to 5) or "Révérence" (ages 5 to 7), please refer to the [Little Dancer Curriculum's Teacher Guide](#).

Student Certificates

When your students have completed this theme, hand out certificates for them to take home!

[Editable, Printable Student Certificates](#)

Recommended Lesson Plans

Ages 1.5 to 3

Exploration

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course A (Weeks 1 + 3)

Obstacle Course B (Weeks 2 + 4)

Goodbye

Ages 3 to 5

Exploration

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course A (Weeks 1 + 3)

Obstacle Course B (Weeks 2 + 4)

Goodbye

Ages 5 to 7

Exploration

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course A (Weeks 1 + 3)

Obstacle Course B (Weeks 2 + 4)

Révérence

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TIGER ZIG ZAG RUNS

Little DANCER™ Children's Ballet Method™



WOLF TROTS

Little DANCER™ Children's Ballet Method™



PANTHER LEAPS

Little DANCER™ Children's Ballet Method™



BEAR CRAWLS

Little DANCER™ Children's Ballet Method™



MONKEY PRANCES

Little DANCER™ Children's Ballet Method™



MONKEY SWAYS

Little DANCER™ Children's Ballet Method™



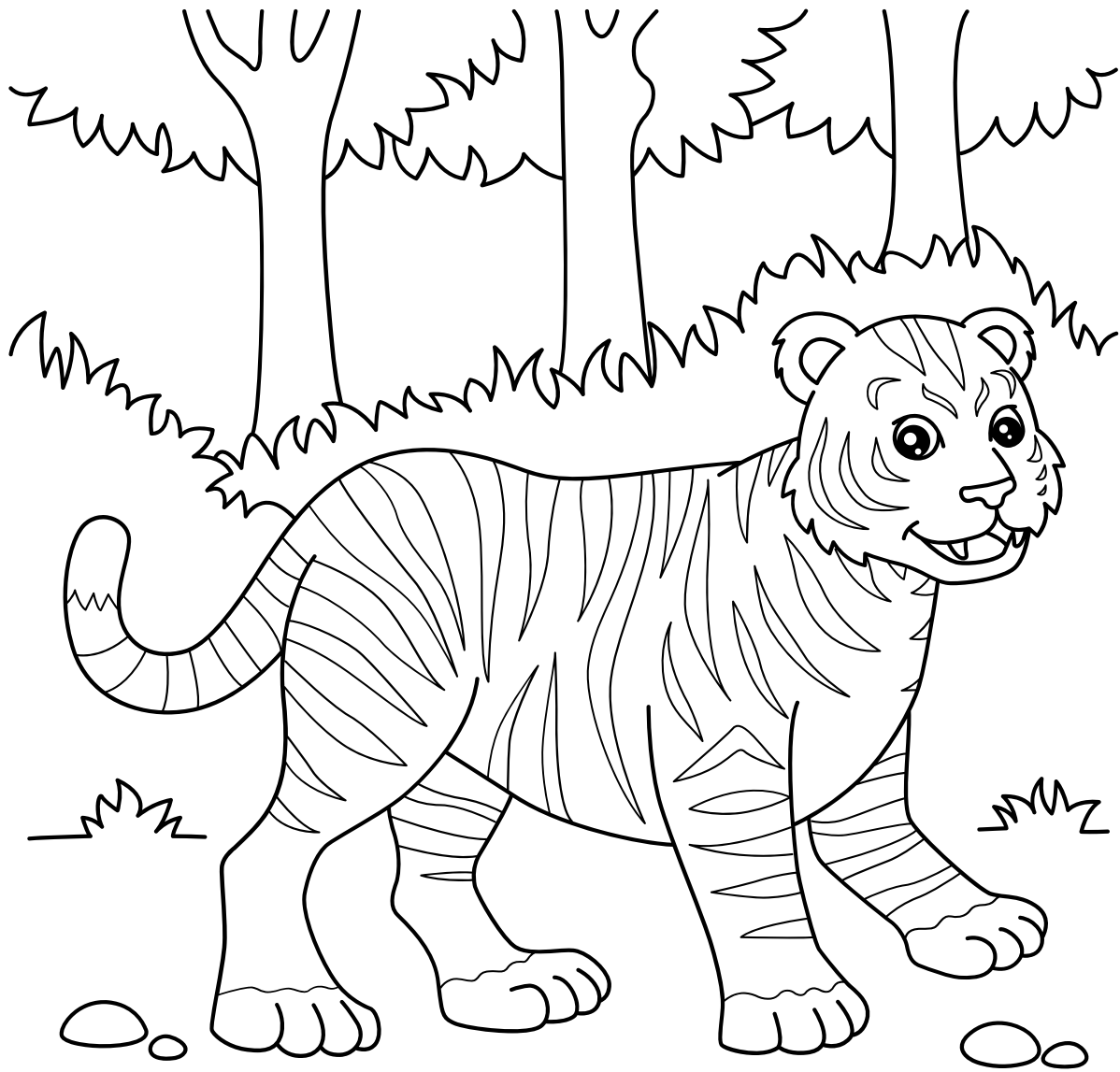
SNAKE SLITHERS

Little DANCER™ Children's Ballet Method™

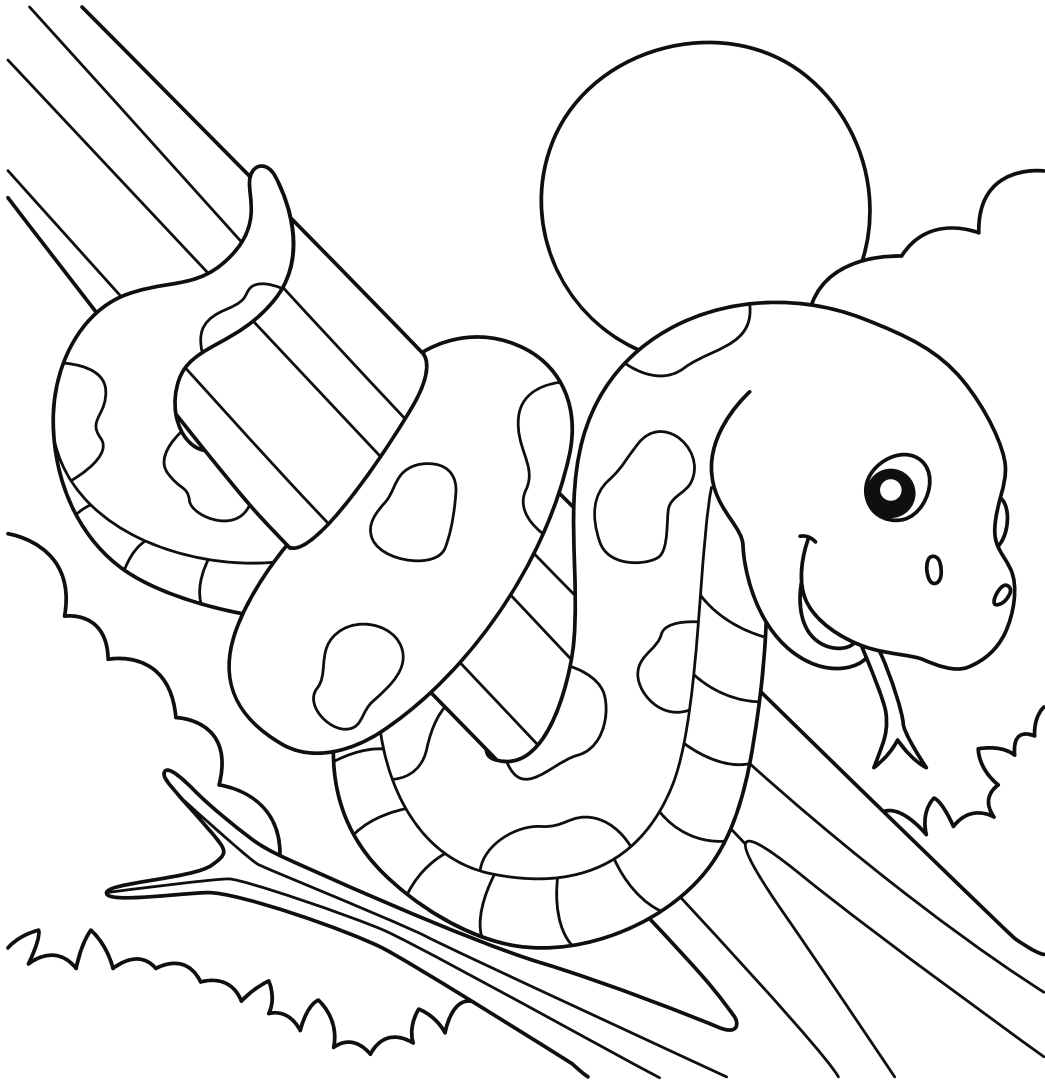


ELEPHANT STOMPS

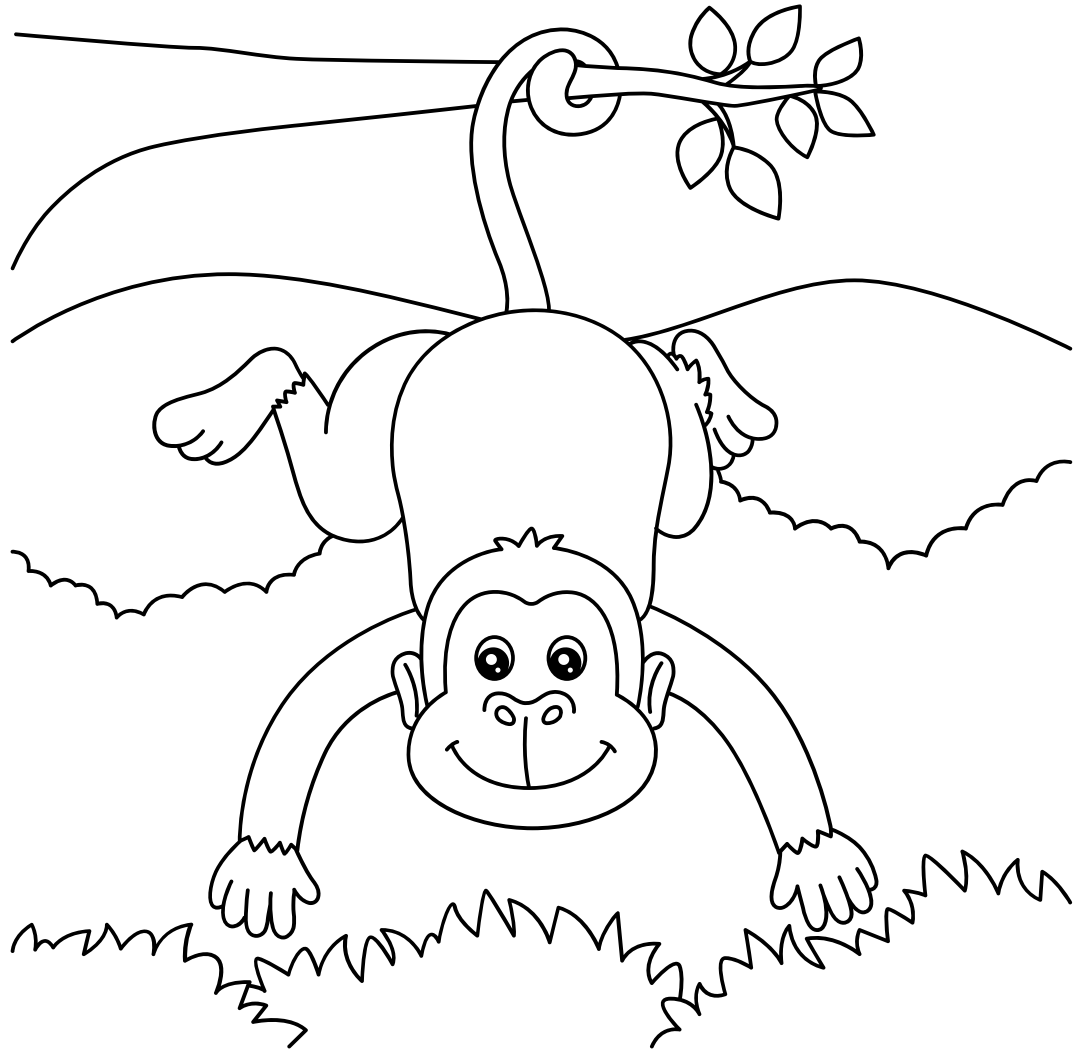
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