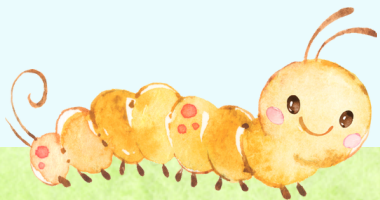


WE'RE OFF TO MEET THE CUTEST BUGS!

BUGGIN' OUT

Little
DANCER™ *Children's Ballet*
Method™



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: A Whole New World](#)

	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.

Traveling A

Music: [Dot's Rescue](#)

Let's be Bugs! Today, we are going to travel as different bugs!

Ants - Marches

Praying Mantises - Passé Walks with Hands in Prayer Position

Spiders - Crawls

Worms - Army Crawls or Crawls through a Tunnel

Butterflies - Runs with Flying Arms

Dragon Flies - Run and Leap

Crickets or Grasshoppers - Frog Jumps

Lady Bugs - Hops Across Spot Markers

Traveling B

Music: [A Bug's Life Suite](#)

Ant Line. For this traveling activity, lead your students in a line (like a line of ants) around the room in different movements. Optional: Give each student a beanbag to carry as pretend food.

Slow Walks

Runs

Marches

Prances

Pony Trots

Picked Up Runs

Galops

Hops on Two Feet

Centre Allegro

Music: [Circus Bugs](#)

	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

Free Dance A

Music: [Flik Leaves](#)

From Chrysalis to Butterfly. Place spot markers around the room and give each student two ribbon streamers and butterfly wings. When the music is paused, students must find a spot marker and make a small shape like a butterfly ready to break out of its chrysalis. Wiggle and stretch to break out of the chrysalis. But did you know butterflies' wings are too soft to fly when they first come out of the chrysalis? Students have to wait until the music starts again for their wings to be hard enough to fly. When the music plays, students dance freely around the room as butterflies flying. They can use their ribbon streamers like brightly colored butterfly wings.

If you'd like a simplified version of the above, simply do "Caterpillar or Butterfly" instead. When the music is paused, students are caterpillars. When the music plays, students are butterflies.

Free Dance B

Music: [The City](#)

Crawl or Fly. Some bugs fly, others crawl in the dirt. Optional: Ask your students to name some bugs that fly and some that crawl. (Flying examples: Butterflies, dragon flies, bees. Crawling examples: Spiders, ants, caterpillars.) When the music plays, students dance as flying bugs and dance at high levels. When the music is paused, students dance as crawling bugs at low levels.

Obstacle Course A

No music needed for this activity.

Bugs!			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Praying Mantis	Walk across a balance beam with prayer hands as a praying mantis across a tree branch.	Passé walk across a balance beam with prayer hands as a praying mantis across a tree branch.	Passé walk en demi pointe across a balance beam with prayer hands as a praying mantis across a tree branch.
Ants	Pick up a beanbag and balance it on your head as you walk across a zig zag taped line or around cones as an ant carrying food.	Pick up a beanbag and balance it on your head as you walk across a zig zag taped line or around cones as an ant carrying food.	Pick up a beanbag and balance it on your head as you walk across a zig zag taped line or around cones as an ant carrying food.
Butterflies	Pick up two scarves. Step into a row of hula hoops, twirling in each one to show off your butterfly wings.	Pick up two scarves. Hop through a row of hula hoops, twirling in each one to show off your butterfly wings.	Pick up two scarves. Prance around each hoop. Hop into the last one, twirling to show off your butterfly wings.
Worms	Crawl through a tunnel like a worm through the dirt.		

Obstacle Course B

No music needed for this activity.

Dinosaurs			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
A Spider's Web	Walk across a balance beam or taped line. Passé walk across a balance beam or taped line. Passé walk over beanbags on a balance beam or taped line.		
Rolly Polly	Sit on a yoga mat with the legs and feet stretched long. Oh no! You're a scared roly polly! Make a small ball shape! Repeat.	Sit on a yoga mat with the legs and feet stretched long. Oh no! You're a scared roly polly! Make a small ball shape! Repeat. Optional: Forward roll on an incline mat next.	
Grasshoppers	Step or hop across spot markers as grasshoppers.	Frog jump across spot markers as grasshoppers.	Pony trot around spot markers as grasshoppers.
Inchworm	Crawl across a balance beam like an inchworm.		

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

Little DANCER™ Children's Ballet Method™



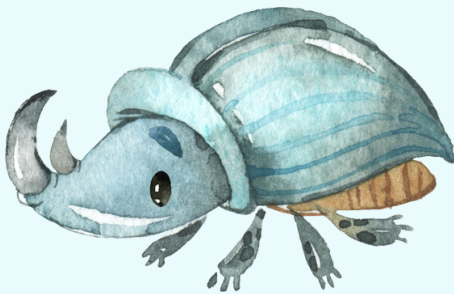
SLOW WALKS

Little DANCER™ Children's Ballet Method™



RUNS

Little DANCER™ Children's Ballet Method™



MARCHES

Little DANCER™ Children's Ballet Method™



PRANCES

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



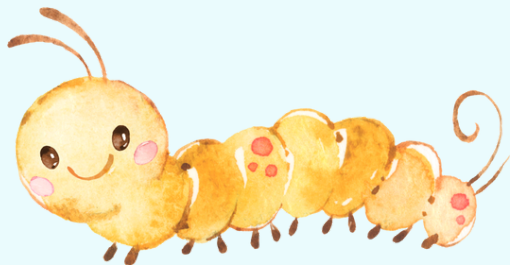
PONY TROTS

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



PICKED UP RUNS

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



GALOPS

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

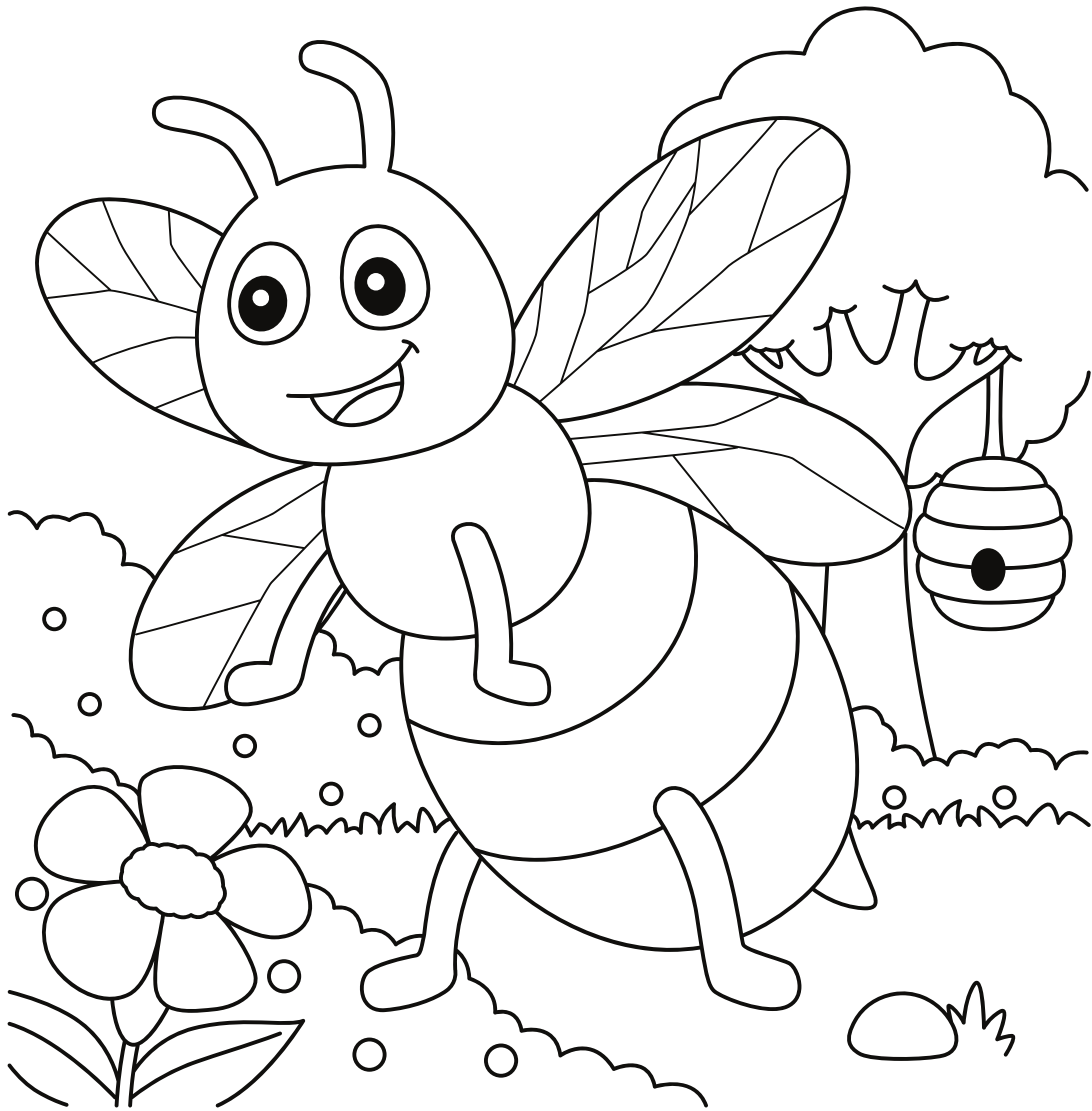


HOPS ON TWO FEET

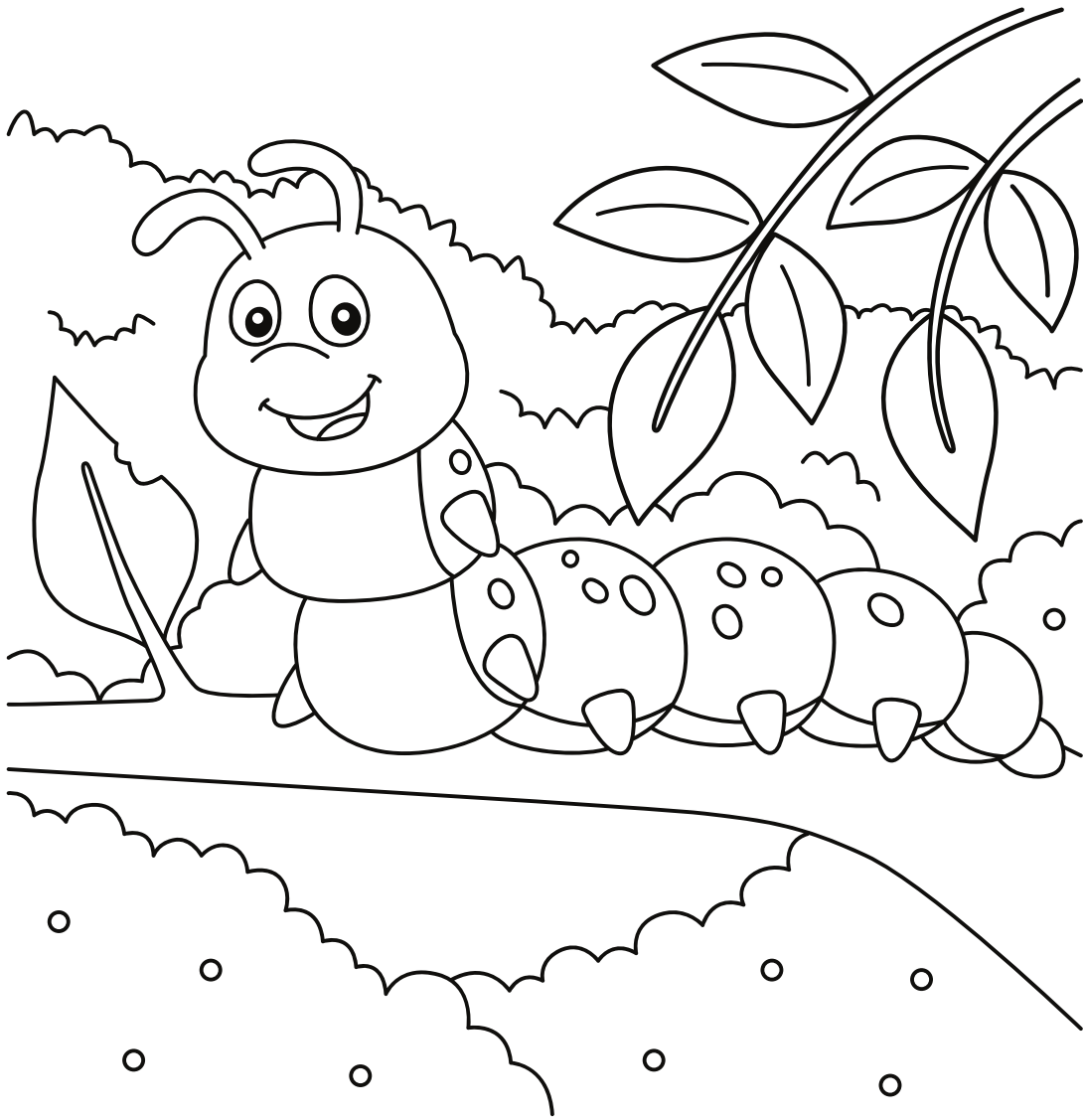
Buggin' Out



Buggin' Out



Buggin' Out



Buggin' Out

