

TIME TO ROAR IN OUR DINO DANCE CLASS!



DINOSAURS



Little
DANCER™ *Children's Ballet*
Method™



Dinosaurs

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: We are the Dinosaurs](#)

	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.

Dinosaurs

Traveling A

Music: [Foraging for Food](#)

Dinosaur Migration. Using the Dinosaur Movement Cards, have your students travel across the floor or in a large circle with each movement. Students stand in a large circle around the room. Place the movement cards face down in a pile in the center of the circle. Call a student to pick a card. All students do the given movement in a circle while music is playing. They stop when the teacher stops the music. Repeat for each student to have a turn.

Traveling B

Music: [We're Going on a Rocket Ship \(Instrumental\)](#)

We're Going on a Dinosaur Hunt! Use the Dinosaur Movement Cards of your choice. Pick which dinosaurs you will see on the way to a volcano. To the tune of "We're Going on a Bear Hunt":
 "We're going to find a volcano." March in place.
 "We're going to find a big one." Stretch arms wide.
 "I've got my binoculars." Hold your hands up to your eyes.
 "I'm not scared." Hands on the hips and shake your head no.
 "Look! It's a [insert dinosaur here]! It's [insert movement]." Travel in that movement.

Centre Allegro

Music: [10 Little Dinosaurs](#) or [10 Little Dinosaurs \(Instrumental\)](#)

	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: [Sharptooth and the Earthquake](#)

Let's be Dinosaurs! In this free dance, we'll explore size, level, speed, and/or pathways. Use the Dinosaur Movement Cards to help your students explore these dance concepts.

Size: BIG T-Rex Stomps and LITTLE Raptor Runs

Level: LOW Triceratops Crawls and HIGH Brachiosaurus Walks

Speed: FAST Pteranodon Runs and SLOW Triceratops Walks

Pathways: Pick any movement and explore it in a straight pathway (straight across, straight on the diagonal, straight zig-zagged). Then explore it in a curved pathway (in a circle or in a curvy pathway) Once you've explored your pathways, let your students do a free dance in which you call out the quality (ex: big vs. little) and the step (ex: runs).

Free Dance B

Music: [End Credits](#)

What Did the Explorers Find? Place spot markers or hula hoops that are different colors around the room as "dig sites". Place a movement card face down on the spot marker or in the hoop. When the music is paused, call out a color. Students must gather around the spot marker/hula hoop of that color and freeze. Call out a student's name. That student picks up the movement card. When the music is playing, students do the chosen movement around the room. Continue until all of the "dig sites" have been visited.

Obstacle Course A

No music needed for this activity.

Volcanoes			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Volcanoes. Place several cones (volcanos) in a row with a ball (or beanbag if your cones are flat on top) on each.	Students should pick the ball off the cone and lift it up high (the volcano erupts!). Then place the ball on the cone.		For added difficulty, have students stand on one leg while lifting and lowering the ball.
Lava hops. Place several spot markers in a row.	Have students pretend the floor is lava and they must step (toddlers) or hop (preschoolers and older) from one spot marker to the next.		
Lava rock runs. Set out a row of beanbags as hot lava rocks.	Students must run in a zig zag path around the beanbags.	Students must pick up run in a zig zag path around the beanbags.	Students must skip in a zig zag path around the beanbags.
Lava leaps. Set out a piece of fabric as a lava river.	Run and step over the fabric.	Run and leap over the fabric.	Run and leap over the fabric.

Dinosaurs

Obstacle Course B

No music needed for this activity.

Dinosaurs			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Dinosaur tracks	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.
Dinosaur nest. Place a toy egg or ball (as a dino egg) in a hula hoop or spot marker (the nest).	Have students pick up the dino egg and jump forward into the nest, forward out of the next, backward onto the nest, then backward out of it. Then place the egg back in the nest.		Add difficulty by having students hop on one foot instead of two.
Dino Eggs. Place plastic eggs (as dino eggs) in a row. Don't crack an egg!	Students must step over each egg.	Students must hop from 2 feet to 2 feet over each egg.	Students must leap over each egg.
Dinosaur Stomps. Set beanbags out in a random arrangement.	Students stomp from beanbag to beanbag as a T-rex looking for food!		

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™



STEGOSAURUS SWAYS

Little™ Children's Ballet Method™



T-REX TWISTS

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



SPINOSAURUS SPINS

Little™ Children's Ballet Method™



PTERANADON PASSÉ WALKS

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



RAPTOR RUNS

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



BRACHIOSAURUS WALKS

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



**PARASAUROLOPHUS
PICKED UP RUNS**

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



**TRICERATOPS WALKS
(WALKS ON ALL FOURS)**

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



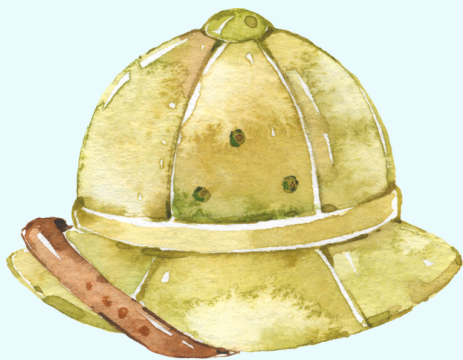
LAVA HOPS

Little™ Children's Ballet Method™



**LAVA PRANCES
(THE FLOOR IS HOT!)**

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



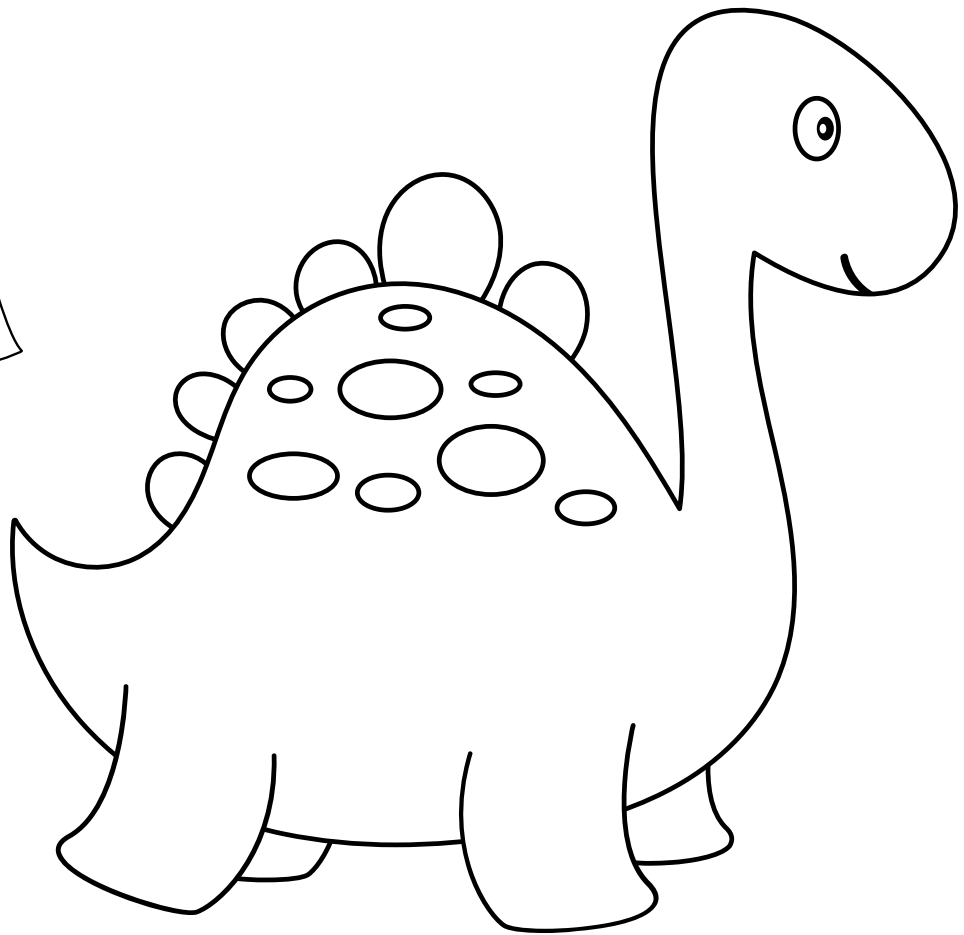
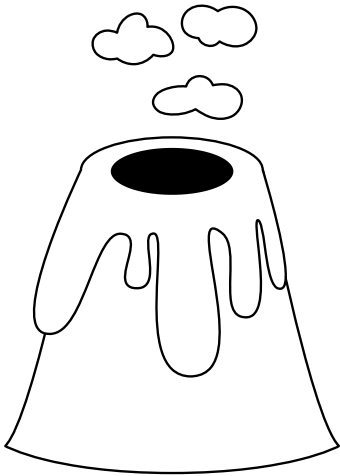
EXPLORER MARCHES

Little™ Children's Ballet Method™

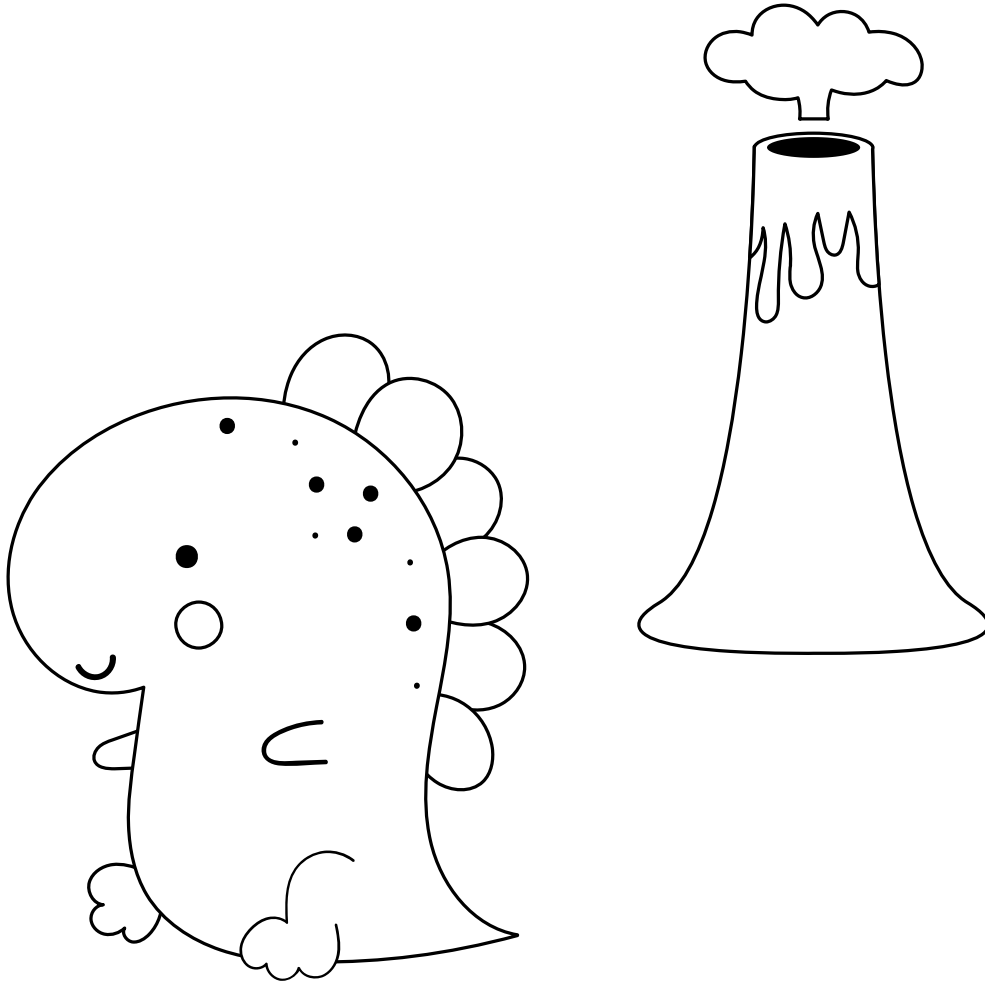


**PTERANADON RUNS
WITH FLYING ARMS**

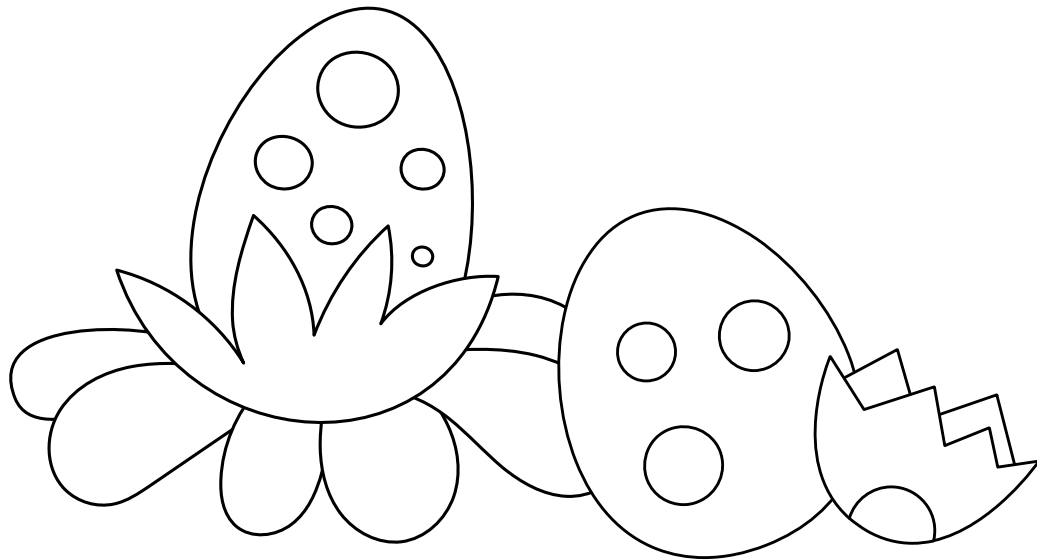
Dinosaurs



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