

READY TO HARVEST?

HARVEST TIME

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: [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.

Harvest Time

Traveling A

[Music: Wanted \(Instrumental\)](#)

Collecting Hay Bales

Place a hula hoop on each side of the room. One hoop (at the starting point) is the “barn”. The other (on the other side of the room) is the “field”. In the “field” hoop, place beanbags or plastic balls as “hay bales”. Pick a movement card. One at a time, students do that movement to the “field” hoop in their imaginary tractor, pick a “hay bale”, and continue the movement as they take the “hay bale” to the “barn” hoop. Continue with each movement card.

Traveling B

[Music: The Dance \(Instrumental\)](#)

Let's Visit the Animals! Let's visit the animals on our farm, driving our tractors of course! For each student's turn, give them a paper plate to hold as their steering wheel. Do each animal's movement to “visit” them:

Rooster - Passé Walks	Mice - Quick Runs
Barn Cats - Prances	Cows - Galops
Horses - Pony Trots	Pigs - Crawls

Centre Allegro

[Music: Walk and Stalk](#)

	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

Harvest Time

Free Dance A

[Music: Tractor Tipping](#)

Harvest Time. It's harvest time! Give each student a pair of ribbon streamers to be wheat during harvest. Let students dance freely as wheat. How would wheat move? Does it blow in the wind? Is it straight and tall? Does its seeds blow away and land somewhere new?

Free Dance B

[Music: The Tractor Song](#)

Tractor Colors. Place a pile of felt squares (cut out at about 4 inches in diameter) in the center of the room. Have several colors and enough for each student to have one of each color. Assign a color to start. Play the music. Students find the given color and dance freely with it as that color tractor. When the music pauses, students return to the color pile. Assign a new color. Repeat through all the colors.

Obstacle Course A

No music needed for this activity.

Farm Animals			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Chicken Coop	Walk across a balance beam or taped line.	Passé walk across a balance beam or taped line.	Passé walk en demi pointe across a balance beam or taped line.
Horse Paddock	Run around a hula hoop. Leap over a beanbag (as a fence post).	Prance around a hula hoop. Leap over a beanbag (as a fence post).	Pony trot around a hula hoop. Leap over a beanbag (as a fence post).
Goat Pen. Did you know goats don't just like to climb? They jump too! Set out spot markers diagonally.	Students hop in a zig zag pattern from one spot marker to the next.	Students hop in a zig zag pattern from one spot marker to the next.	Students skip in a zig zag pattern from one spot marker to the next.
Cow Barn	Bear walk (as a cow) around cones to find your stall. Lay down and relax on the soft hay.		

Harvest Time

Obstacle Course B

No music needed for this activity.

Tractors			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Wheels	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.
Exhaust Pipe	Have students pick up the dino egg and jump forward into the nest, forward out of the nest, 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.
Driver's Cab	Sideways walk while holding a paper plate as your steering wheel. Optional: Make engine sounds as you drive!	Sideways gallop while holding a paper plate as your steering wheel. Optional: Make engine sounds as you drive!	
Combine	Run and step or leap over a pool noodle as a tractor combine, ready to harvest hay!		

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[™]



PROUD WALKS

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



SPINS

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



MARCHES

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



PASSÉ WALKS

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



GALOPS

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



PICKED UP RUNS

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



RUN AND LEAP

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



HOPS ON TWO FEET

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



SLOW MOTION WALKS

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



HOPSCOTCH

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



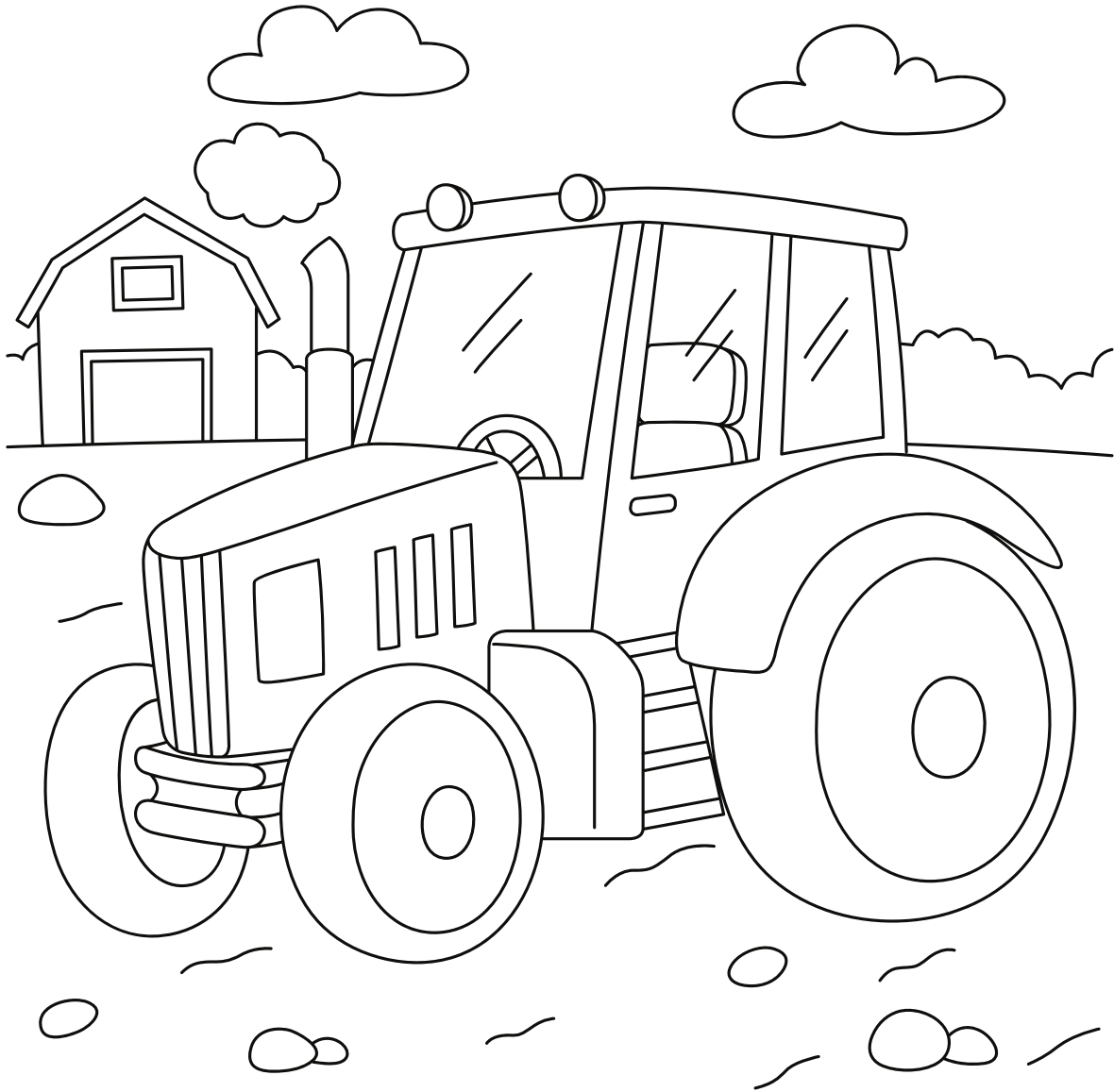
PRANCES

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

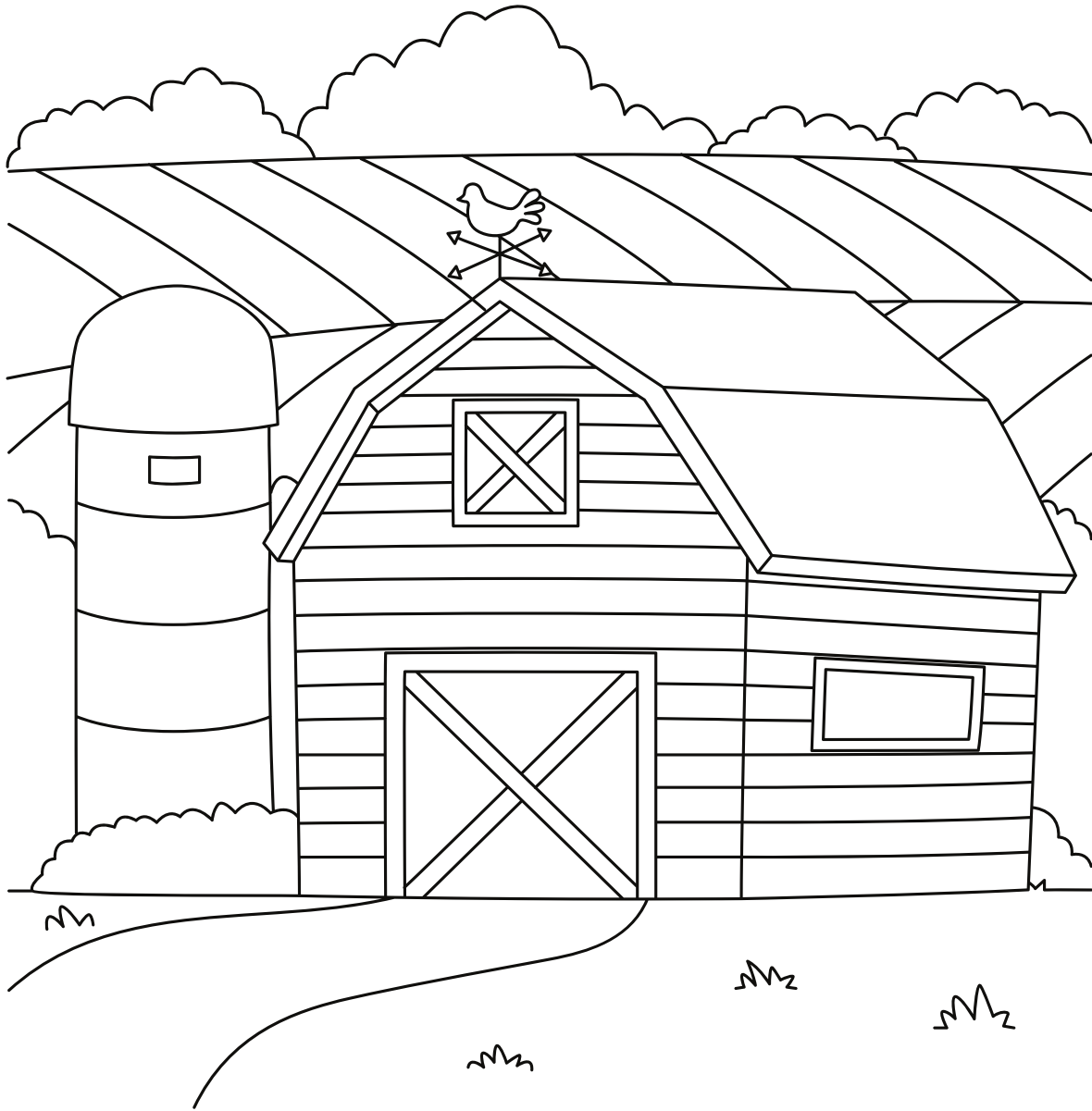


PONY TROTS

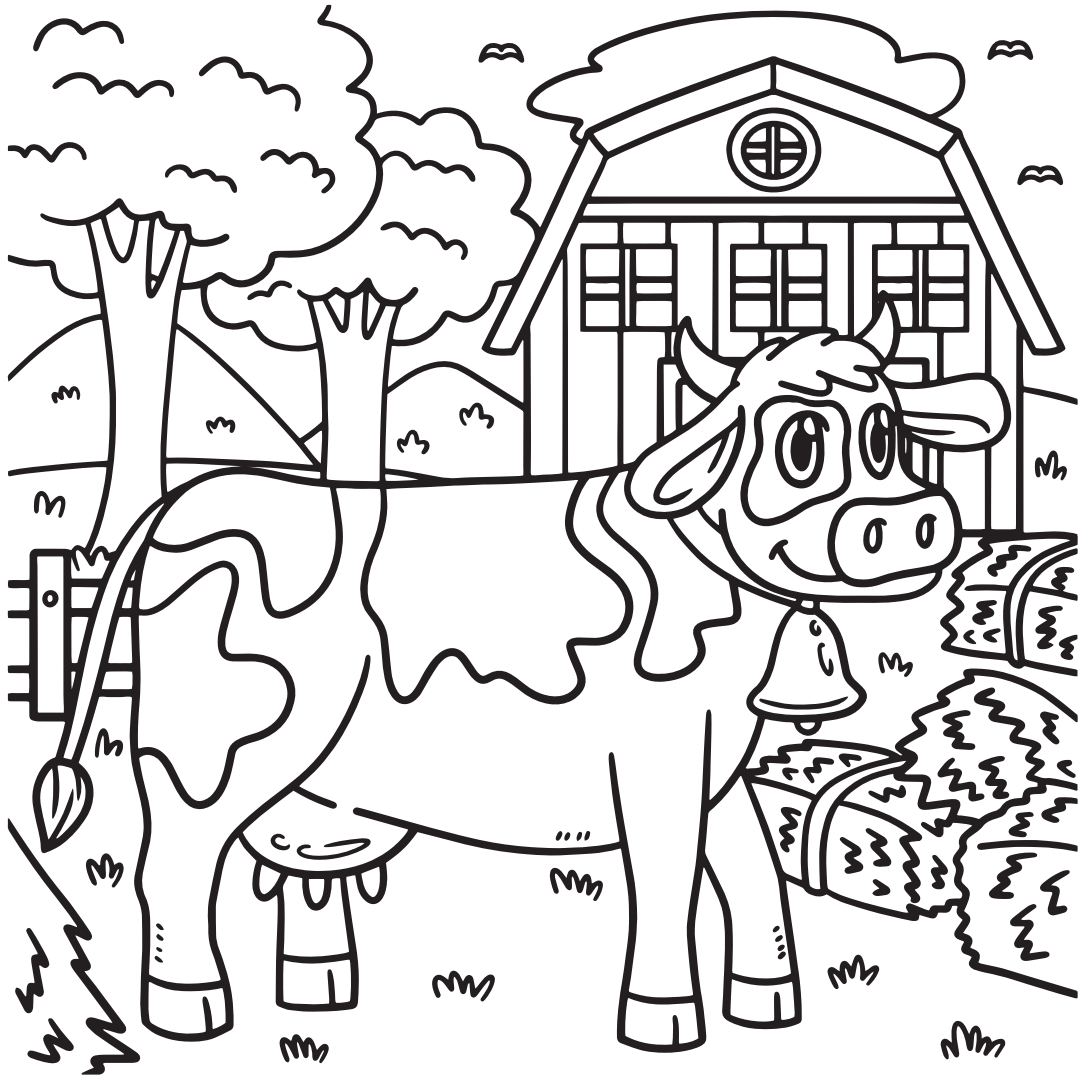
Harvest Time



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