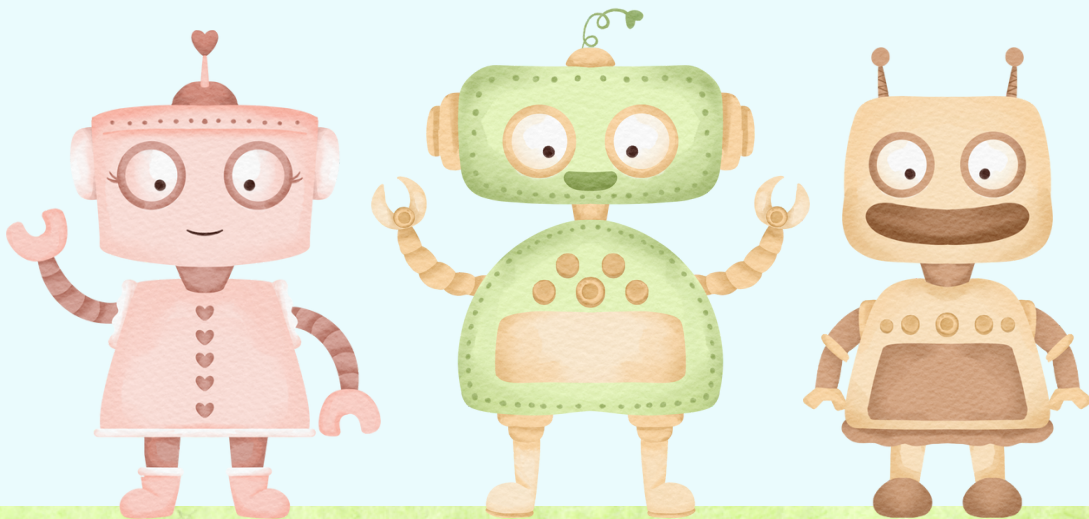


NUTS AND BOLTS EVERYWHERE!

GEARS THAT GO

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. |

Gears that Go

Traveling A

[Music: 2815 A.D.](#)

Meet the Robots. I have 8 dancing robots I'd love for you to meet! And as we meet them, we'll do their movement too.

- Run Run Ray - Runs
- Passé Perry - Passé Walks
- Galoping Gary - Galops
- Picked Up Run Pete - Picked Up Runs
- Leaping Larry - Run and Leap
- Hopping Hugh - Hops
- Sways with Chasses Chase - Sways with Chasses
- Fireworks Fred - Fireworks Jumps

Traveling B

[Music: 72 Degrees and Sunny](#)

Robot Shapes. Tape a triangle on one side of the room. Place a hula hoop in the center. Tape a square on the other side. Use the movement cards to determine what movements students will do. For each round, students will do the chosen movement around the triangle, around the circle, then around the square.

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 |

Free Dance A

Music: [Do the Funky Robot](#)

Shapes and Colors. Cut out shapes from different colors of felt material. (You can generally find paper-sized felt sheets at a craft store for less than \$0.50 a piece and cut 4 or 5 shapes from each felt sheet.) You can also use construction paper as an alternative. Place the colored shapes on the floor in front of you. When the music is paused, students freeze and the teacher calls out a shape and color. When the music plays, students discard the shape/color they have in the pile, find the new shape/color, and dance freely around the room with it.

Free Dance B

Music: [Rockin' Robot](#)

Zoom, Zoom, Robot! Set out spot markers or hula hoops around the room. Place a movement card face down in the middle of each. When the music is playing, students zoom and move freely around the room as any robot of choice. When the music is paused, students go to a spot marker or hula hoop and do the movement on the card in that marker/hoop. Continue, going to a different card during each pause.

Obstacle Course A

No music needed for this activity.

| Let's Build a Robot | | | |
|--|---|---|--|
| | 1.5-3 Year Olds | 3-5 Year Olds | 5-7 Year Olds |
| A Triangle Head | Set out one incline mat (triangle) for students to forward roll or log roll down. Alternative: Set out one yoga mat (rectangle head) for students to log roll across. | | |
| Circles to Make the Arms | Set out two hula hoops (circles) for students to run and jump in, landing on two feet. | | |
| Squares to Make the Body and Legs | Set out three square spot markers (squares) for students to step or hop across. | Set out three square spot markers (squares) for students to hop across. | Set out three square spot markers (squares) for students to gallop from one to the next. |
| Meet Our Robot | Set out four cones for students to zig zag through, moving like a robot. Optional: At the end, the robot introduces itself! Students say, "Hi, my name is, _____, the robot," in a robot voice. Students may insert their own name or pick one! | | |

Gears that Go

Obstacle Course B

No music needed for this activity.

Assembly Line Add-on. In place of a second obstacle course, we're playing a game of Add-on to introduce the concept of choreography. One-by-one, have students pick an add-on card and choose the number of times to do the chosen movement. For example, student #1 selects a movement. The class does that movement. Student #2 selects a movement. The class does the first and then the second movement. Student #3 selects a movement. The class does the first movement, then the second movement, then the third movement. And so on.

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)

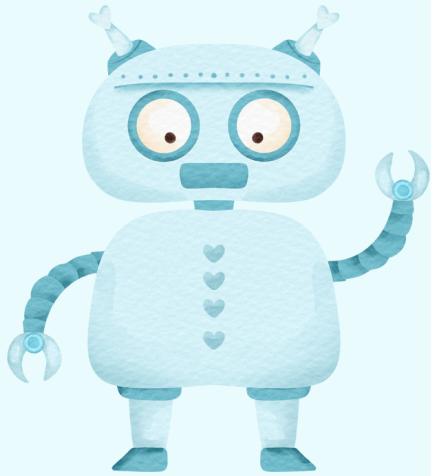
Free Dance B (Weeks 2 + 4)

Obstacle Course A (Weeks 1 + 3)

Obstacle Course B (Weeks 2 + 4)

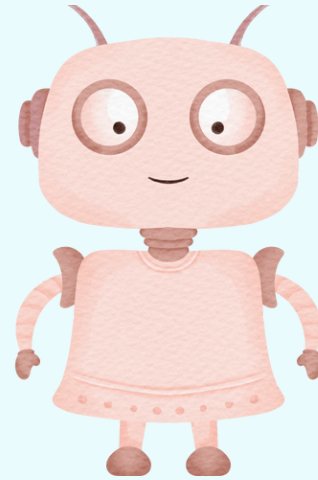
Révérence

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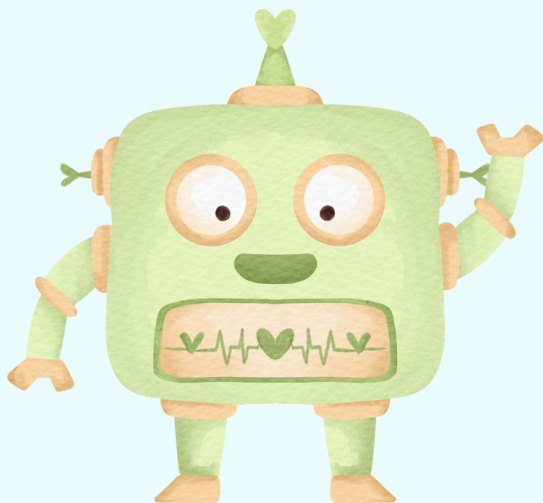
RUN RUN RAY
(RUNS)

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



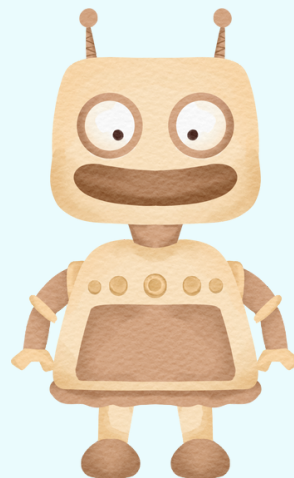
PASSÉ PERRY
(PASSÉ WALKS)

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



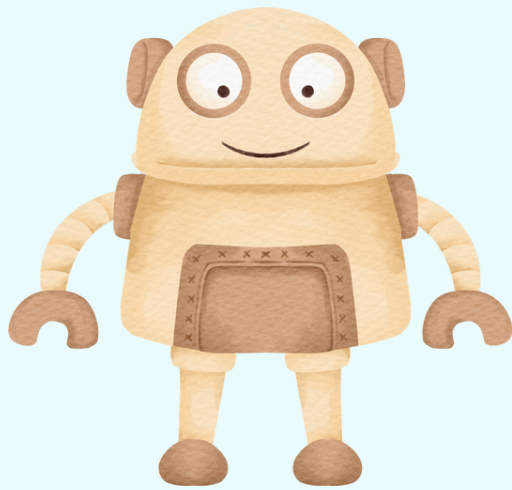
GALOPING GARY
(SIDEWAYS GALOPS)

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



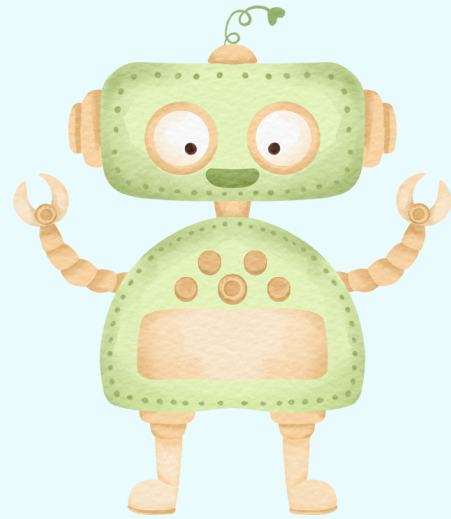
PICKED UP RUN PETE
(PICKED UP RUNS)

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



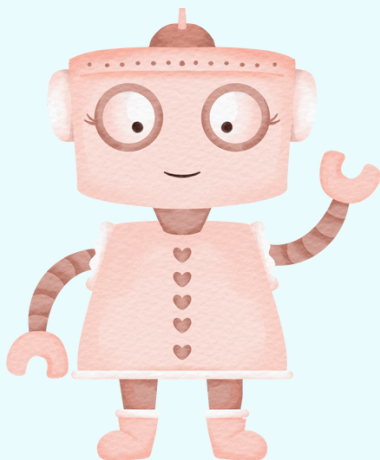
**LEAPING LARRY
(RUN AND LEAP)**

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



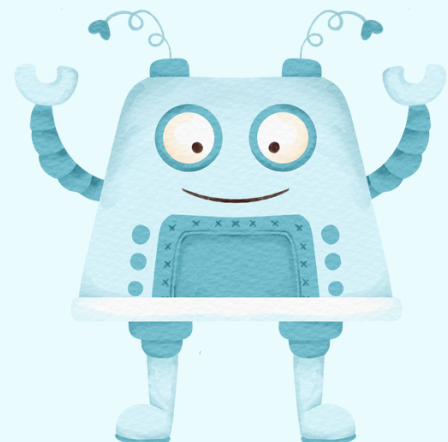
**HOPPING HUGH
(HOPS OR HOPSCOTCH)**

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



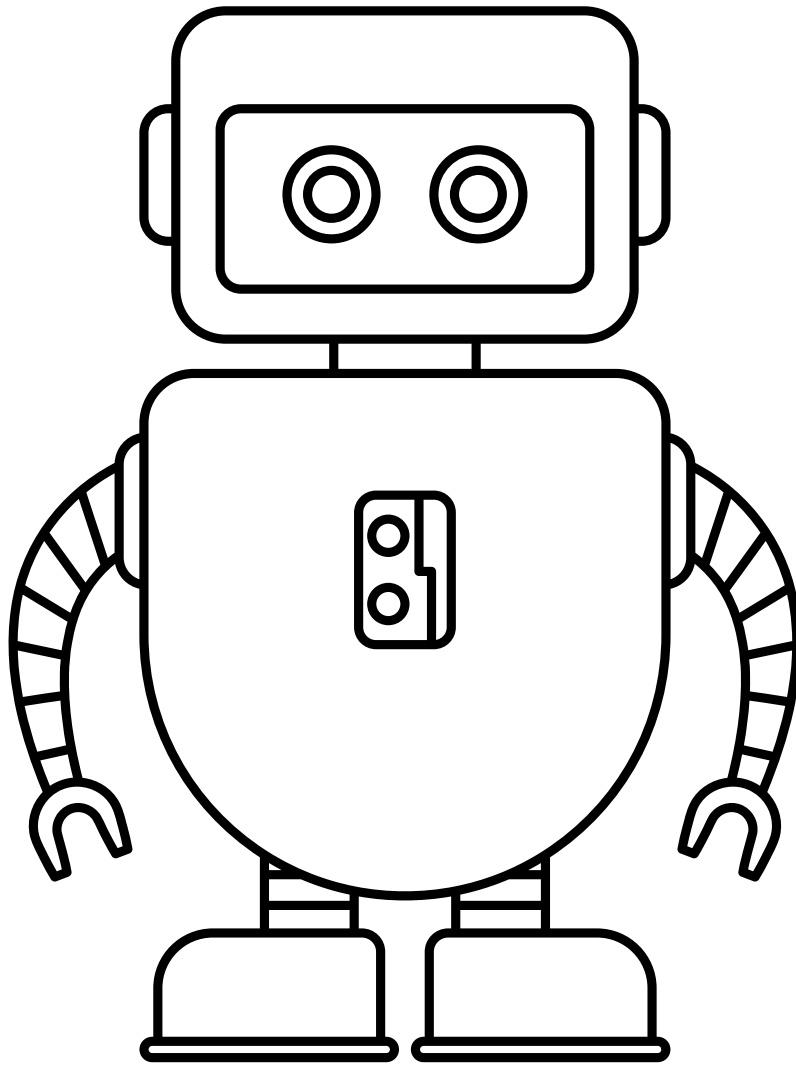
**CHASSÉ CHASE
(SWAYS WITH CHASSÉS)**

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

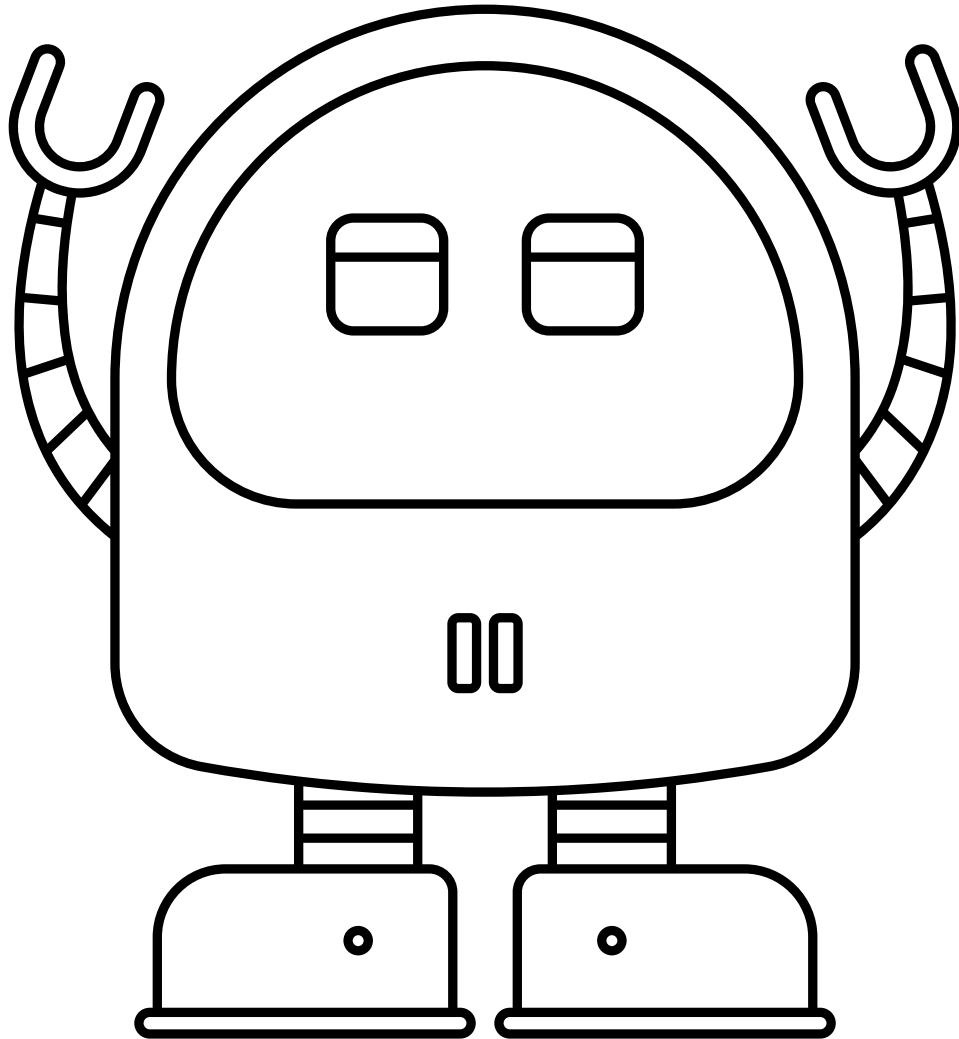


**FIREWORKS FRED
(FIREWORKS JUMPS)**

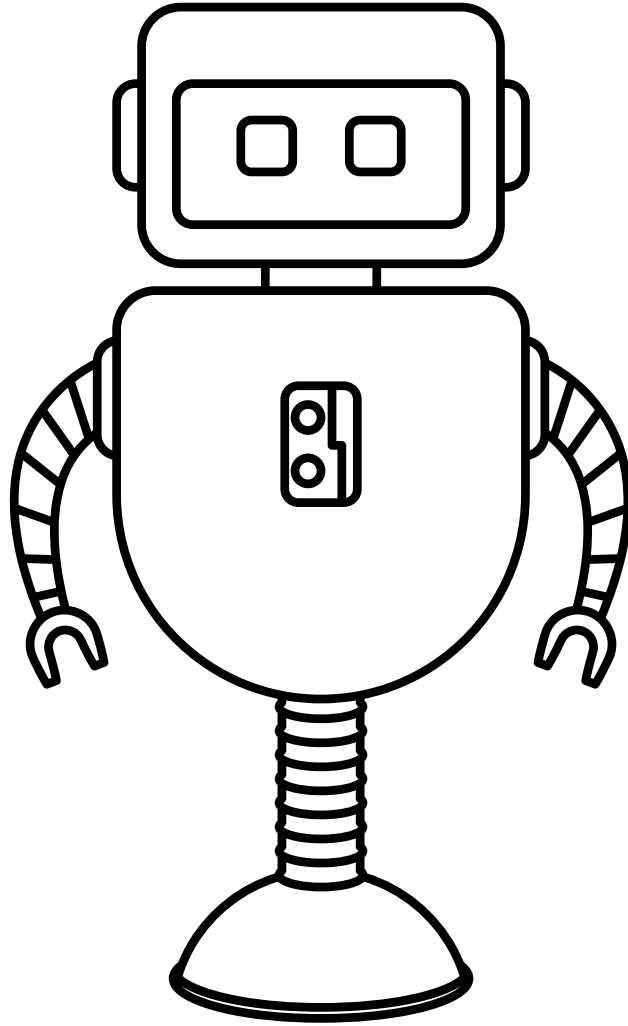
Gears that Go



Gears that Go



Gears that Go



Gears that Go

