

READY FOR HOLIDAY CHEER

CHRISTMAS TREE FARM

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



Christmas Tree Farm

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: The Nutcracker: Miniature Overture](#)

	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.

Christmas Tree Farm

Traveling A

[Music: Christmas Carnival](#)

Tree Farm Paths. We've made it to a Christmas tree farm! This farm grows trees to be sold as Christmas trees. Have you ever been to one? Practice traveling in groups of 2 or 3 across the room at a time. Stay in your lane as you pretend to travel through the rows of trees. For a more advanced option for an older class, have students stay in line with whoever is most downstage. No one should go faster or slower than the person in the most downstage lane!

- Slow walks
- Fast walks
- Galops (sideways)
- Runs en demi pointe
- Picked up runs
- Marches
- Prances
- Run and leap

Traveling B

[Music: Christmas Festival](#)

We're at the Christmas tree farm!

Search High and Low for the Perfect Tree. High and low walks.

Squirrels Scurrying Over Snow. Runs en demi pointe.

Heavy Boots in Deep Snow. Marches with high knees.

The Perfect Tree. Run and leap with excitement. We've found the perfect tree!

Pickup Truck Ride. Bring your tree home in your pickup truck. Choice: Picked up runs or sideways galops.

Optional: Hold a paper plate as a steering wheel.

Put up the Christmas Tree. Walks en demi pointe with arms above the head at a point.

Place Ornaments on Your New Tree. Passé walks.

Santa and his Reindeer. It's almost Christmas! They'll be coming soon! Prances.

Christmas Tree Farm

Centre Allegro

Music: [Three German Dances, Sleigh Ride](#)

	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: [Lieutenant Kije, Troika](#)

Light the Tree! One at a time, a student runs circles around hula hoops (trees) to put lights on the trees. Once they finish all the hoops, the next student begins. The first student then puts a star on top of the tree by doing star jumping jacks until the second person finishes the hoops. Continue until all Student have had a turn.

(Optional: Give each student a glow sticks to hold or glow bracelets to wear. Dim the lights, or turn the lights off entirely while turning on only Christmas lights!

Free Dance B

Music: [Sleigh Ride](#)

Pickup Truck Pathways. Using different pathways, drive your pickup truck away from the tree farm, on a winding road! Can you do that while balancing a cone or a bean bag on your head (pretending it's your Christmas tree!). Don't lose your tree!

Christmas Tree Farm

Obstacle Course A

No music needed for this activity.

At the Tree Farm			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Log Rolls	Christmas tree log rolls.		
Reindeer	Run through the Christmas tree farm like reindeer. (Use cones as trees.)	Picked up run through the Christmas tree farm like reindeer. (Use cones as trees.)	Prancing through the Christmas tree farm like reindeer. (Use cones as trees.)
Under Branches	Army crawl under tree branches.		
Tree Stumps	Use sturdy blocks as stumps to step up and over. Optional: Jump off the stumps.		
Snowball Toss	Toss beanbags (as snowballs) until you get one into a bucket or basket. Fireworks jump when you've finished.		

Obstacle Course B

No music needed for this activity.

Oh, Christmas Tree			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Ornament Hop	Step across with place marker dots.	Hop across with place marker dots.	Hopscotch across with place marker dots.
Tree Skirt Runs or Skips	Runs around hula hoops, or actual tree skirts!	Picked up runs around hula hoops, or actual tree skirts!	Skips around hula hoops, or actual tree skirts!
Christmas Tree Leaps	Run and step or leap over a cone or mini Christmas tree.		
Trim the Tree	Sways, pretending to string lights, ribbons, or garlands on the tree.		

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](https://oub.dance).

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

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FAST WALKS

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GALOPS (SIDEWAYS)

Little DANCER™ Children's Ballet Method™



RUNS EN DEMI POINTE

Little DANCER™ Children's Ballet Method™



PICKED UP RUNS

Little DANCER™ Children's Ballet Method™



MARCHES

Little DANCER™ Children's Ballet Method™



RUN AND LEAP

Little DANCER™ Children's Ballet Method™



PRANCES

Little DANCER™ Children's Ballet Method™



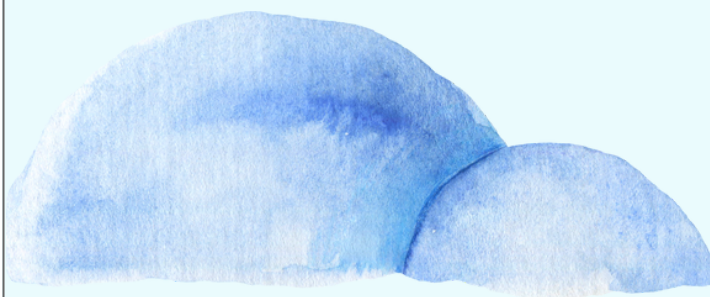
HIGH AND LOW WALKS

Little DANCER™ Children's Ballet Method™



RUNS EN DEMI POINTE

Little DANCER™ Children's Ballet Method™



MARCHES

Little DANCER™ Children's Ballet Method™



SPINS

Little DANCER™ Children's Ballet Method™



PICKED UP RUNS

Little DANCER™ Children's Ballet Method™



WALKS EN DEMI POINTE

Little DANCER™ Children's Ballet Method™



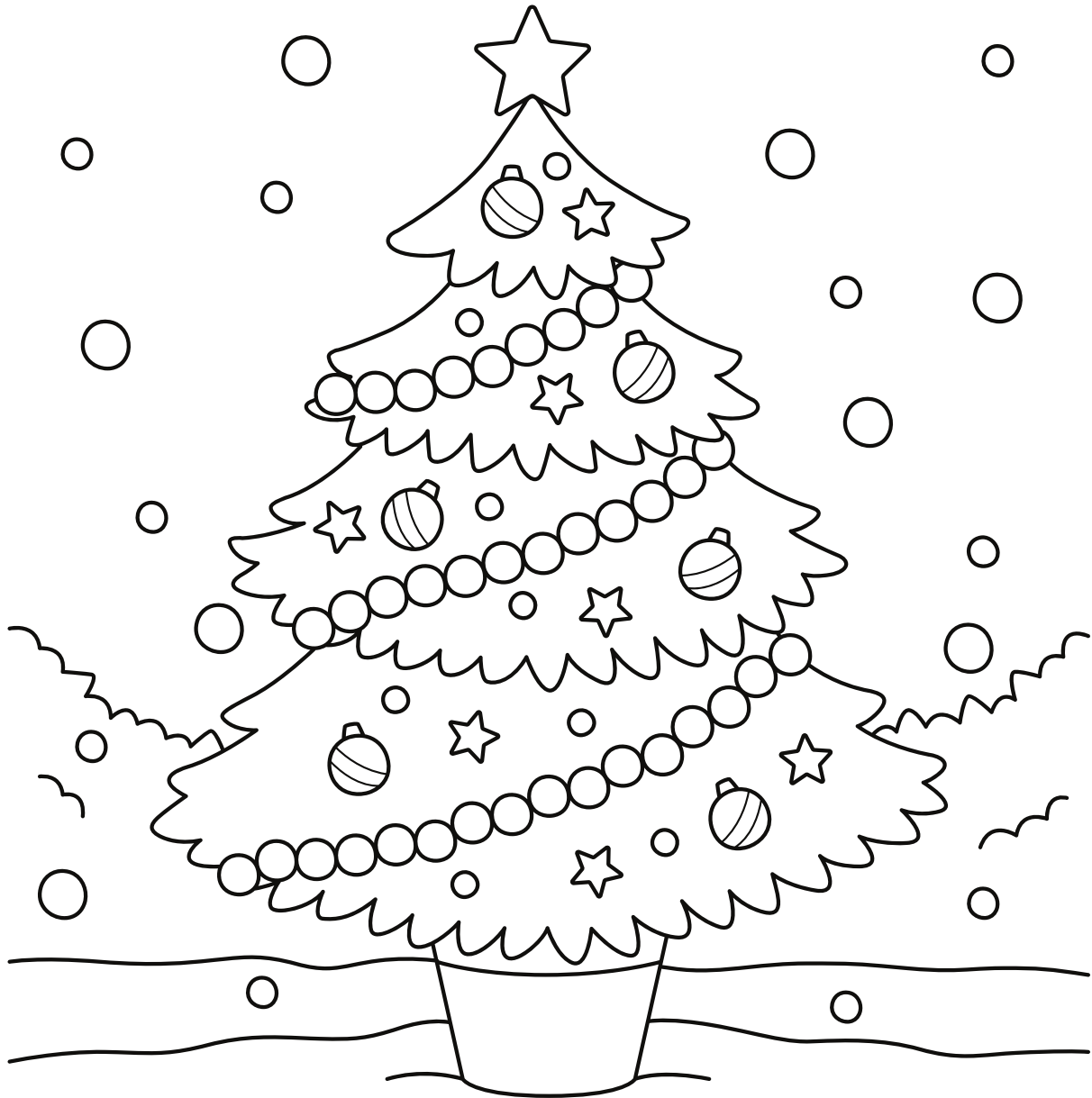
PASSÉ WALKS

Little DANCER™ Children's Ballet Method™

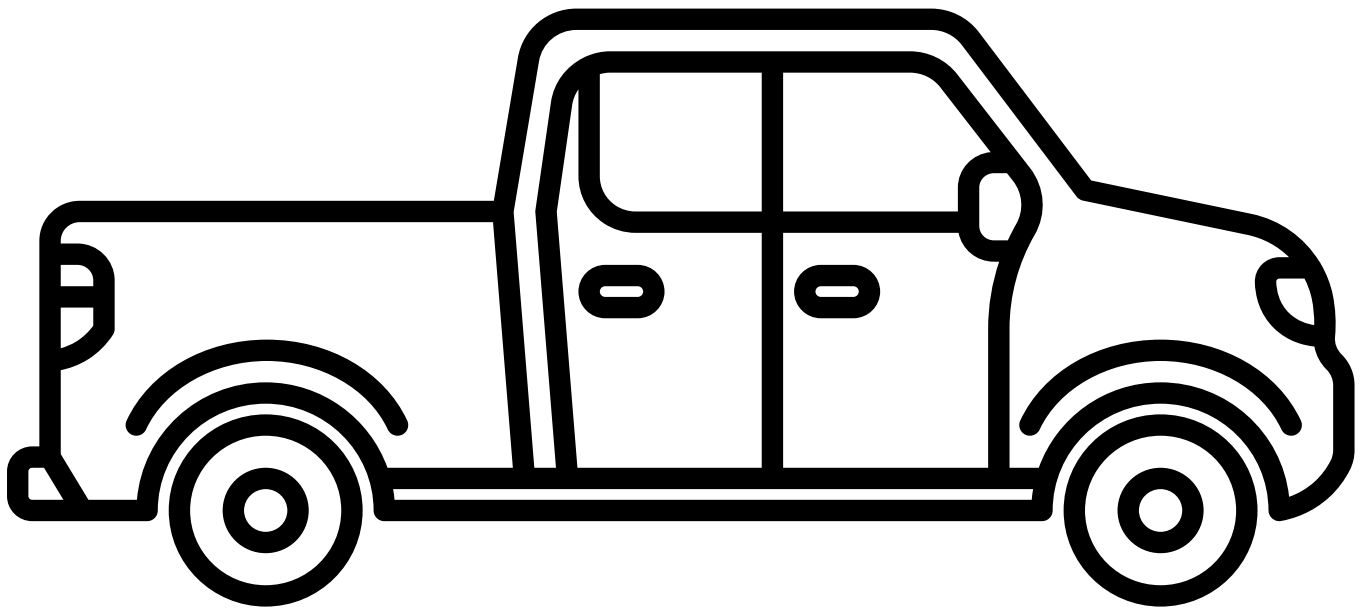


PRANCES

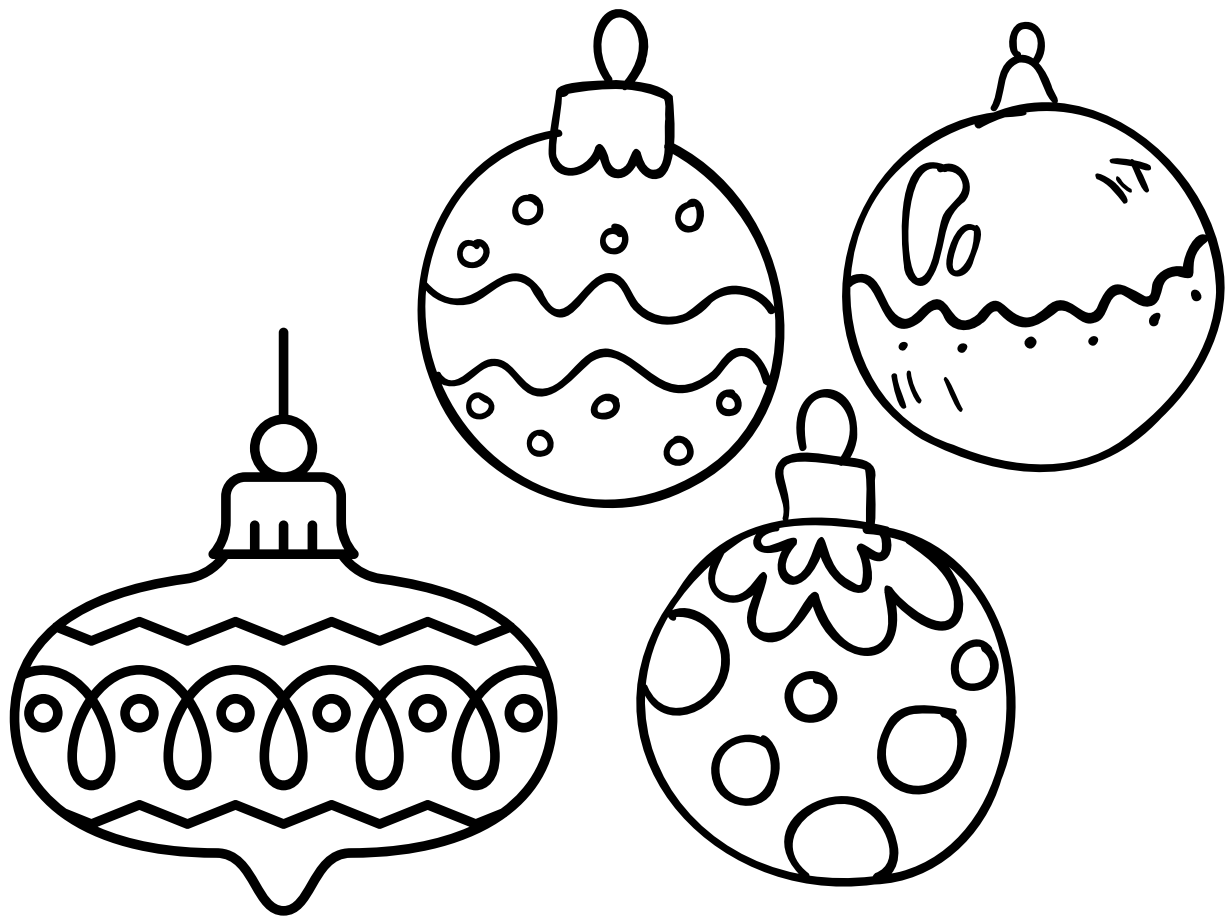
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