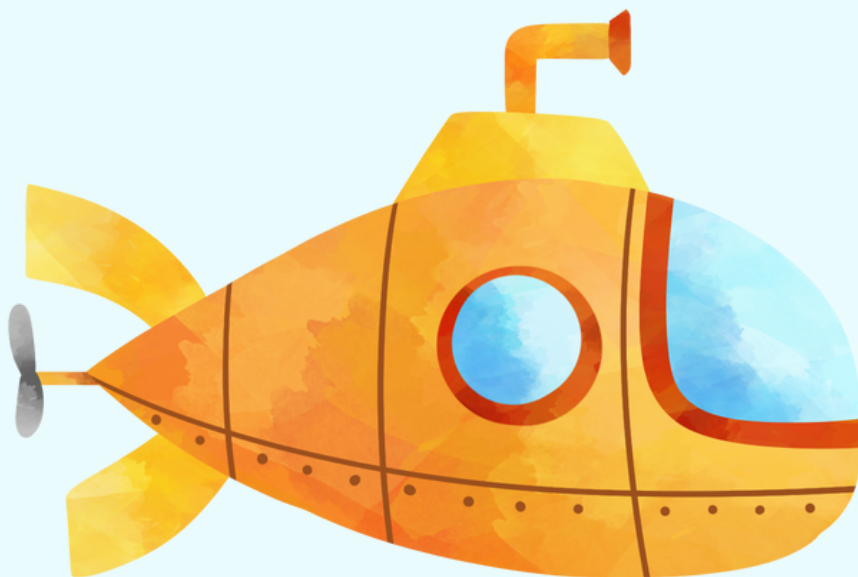


TIME FOR A SECRET MISSION!

# SECRET SPY

Little  
**DANCER**<sup>™</sup> *Children's Ballet*  
**Method**<sup>™</sup>



## 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: James Bond Theme](#)

|                       | 1.5-3 Year Olds                    | 3-5 Year Olds   | 5-7 Year Olds  |
|-----------------------|------------------------------------|---|--|
| <b>Plié</b>           | Bend and stretch.<br>Stand tall.   | Pliés in parallel.<br>Rise and lower.                 | Pliés in 1st and 2nd.  |
| <b>Rise and Twirl</b> | Twirls in parallel.                | Rise and turn in parallel.                            | Rise and turn in 1st.  |
| <b>Tendu</b>          |                                    | Tendus front in parallel.                             | Tendus front and side,<br>closing in 1st.  |
| <b>Piqué</b>          |                                    |   | Piqués front and side,<br>closing in 1st.  |
| <b>Passé</b>          | Slow marches.                      | Parallel passés, balancing<br>for 2 counts with each. | Parallel passés, balancing<br>for 4 counts with each.  |
| <b>Sway</b>           | Sways side to side in<br>parallel. | Sways and sways with<br>chassés in parallel.          | Sways side to side<br>through second position,<br>turned out. Sways front to<br>back through fourth<br>position, turned out. |
| <b>3rd Arabesque</b>  |                                    |   | Step into tendu derrière,<br>arms in 3rd arabesque.<br>Float the arms down then<br>back up to 3rd arabesque.                 |

## Traveling A

[Music: The Heist](#)

**Secret Mission.** There's a secret mission for us on the other side of the world! Use the movement cards as clues to get to your new assignment. Optional: Instead of doing this one straight across the room like usual, lead your students around the room in the different movements—more like following a map to get from one point in the room to another. Another option: have a shoebox filled with ribbon streamers for a free dance to follow at the ending point in the room.

## Traveling B

[Music: Venice Gold Heist](#)

**Submarine Spy.** We'll need to take a submarine to get to our mission destination. Use the submarine movement cards included in this lesson.

## Centre Allegro

[Music: Walk and Stalk](#)

|  | 1.5-3 Year Olds | 3-5 Year Olds                                 | 5-7 Year Olds                                 |
|--|-----------------|---|---|
| <b>Sautés</b>  | Parallel Sautés | Parallel Sautés                               | Sautés in 1st Position (Turned Out)           |
| <b>Échappés</b>  |                 | Parallel Échappés                             | Échappés in 1st and 2nd Position (Turned Out) |
| <b>Hops on Two Feet</b>  |                 | Directional Hops (Parallel)                   | Hops with Quarter or Half Turns (Parallel)    |
| <b>Hops on One Foot</b>  |                 | Hops on One Foot from Side to Side (Parallel) | Hops on One Foot (Parallel)                   |
| <b>Picked Up Jumps</b> (Hop on two feet, bending your knees and kicking your feet up behind you—like in picked up runs.) |                 |   | Picked Up Jumps                               |
| <b>Spring Points / Spring Heels</b>  |                 |   | Spring Points/ Spring Heels                   |
| <b>Fireworks Jumps</b> (Crouch down low, then jump out in a star shape—like fireworks!)                                  | Fireworks Jumps | Fireworks Jumps                               | Fireworks Jumps                               |

## Free Dance A

Music: [Buon Giorno](#)

**Spies Take Flight.** We've got to get on an airplane to get to our next destination! Give each student a pair of ribbon streamers and place spot markers around the room. When the music is playing, students dance freely as airplanes in the sky. When the music is paused, students pretend to sky jump—find a spot marker and jump onto it, landing on two feet. End in a low pose. Continue through several rounds.

## Free Dance B

Music: [Planning the Heist](#)

**Secret Submarine.** Sometimes our submarine comes to the surface. Other times it dives deep under the ocean. When the music is playing, students dance at low levels like the submarine under the sea. When the music is paused, students jump up high as their submarine comes to the surface. They pose at a high level until the music begins again.

## Obstacle Course A

No music needed for this activity.

| Mission Across the Countryside                 |   |   |  |
|--|---|---|--|
|  | 1.5-3 Year Olds                                     | 3-5 Year Olds   | 5-7 Year Olds  |
| <b>Across a Pond</b>                           | Step across spot markers as rocks across a pond.    | Hop across spot markers as rocks across a pond.           | Hopscotch across spot markers as rocks across a pond.                    |
| <b>Over a Bridge</b>                           | Walk over a balance beam or taped line as a bridge. | Passé walk over a balance beam or taped line as a bridge. | Passé walk en demi pointe over a balance beam or taped line as a bridge. |
| <b>Through a House</b>                         | Crawl through a tunnel as a house (or army crawl).  |   |  |
| <b>Over a Fence</b>                            | Run and step over bean bags as fence posts.         | Run and leap over bean bags as fence posts.               |  |
| <b>You did it! You completed your mission!</b> | Fireworks jumps.                                    | Fireworks jumps.  | Fireworks jumps with half turns.   |

## Obstacle Course B

No music needed for this activity.

| Mission in the City                            |  |  |  |
|--|--|--|--|
|  | 1.5-3 Year Olds  | 3-5 Year Olds  | 5-7 Year Olds  |
| <b>Around Buildings</b>                        | Run around cones as buildings.   | Run en demi pointe around cones as buildings.  | Picked up run around cones as buildings.   |
| <b>Into a Parking Garage</b>                   | Log roll on an incline mat (or log roll on a yoga mat) to drive into a parking garage. | Forward roll or log roll on an incline mat (or log roll on a yoga mat) to drive into a parking garage. | Forward roll on an incline mat (or log roll on a yoga mat) to drive into a parking garage. |
| <b>Drive Away!</b>                             | Hold a paper plate as a steering wheel and step across spot markers to get away!       | Hold a paper plate as a steering wheel and hop across spot markers to get away!                        | Hold a paper plate as a steering wheel and skip, weaving through spot markers to get away! |
| <b>Escape</b>                                  | Step up onto a step stool or yoga block and fireworks jump off to escape.              |  |  |
| <b>You did it! You completed your mission!</b> | Fireworks jumps.   | Fireworks jumps.   | Fireworks jumps with half turns.   |

## 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)

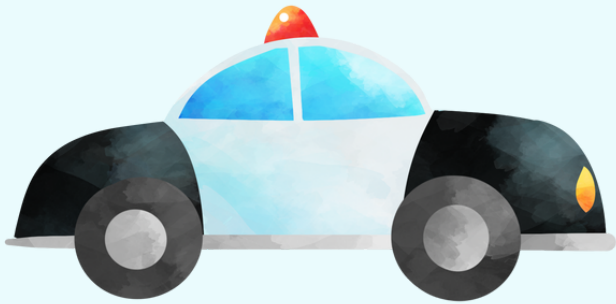
**Free Dance B** (Weeks 2 + 4)

**Obstacle Course A** (Weeks 1 + 3)

**Obstacle Course B** (Weeks 2 + 4)

**Révérence**

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**FAST RUNS**

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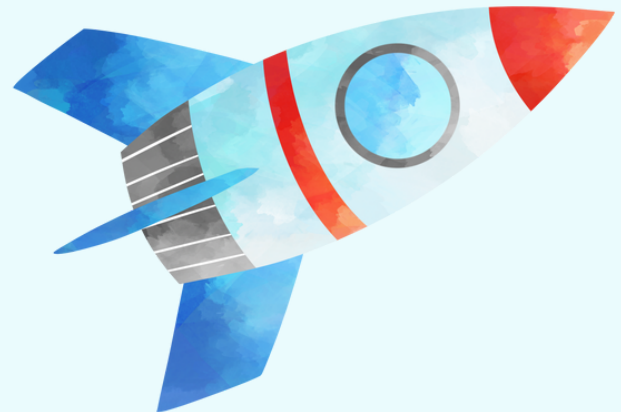
**PASSÉ WALKS**

Little **DANCER**<sup>™</sup> Children's Ballet **Method**<sup>™</sup>



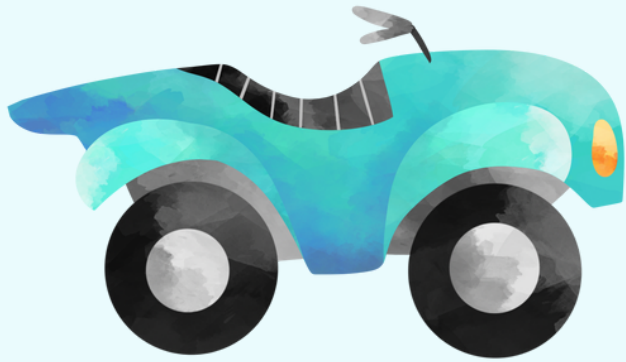
**MARCHES**

Little **DANCER**<sup>™</sup> Children's Ballet **Method**<sup>™</sup>



**RUN AND LEAP**

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



**PRANCES**

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



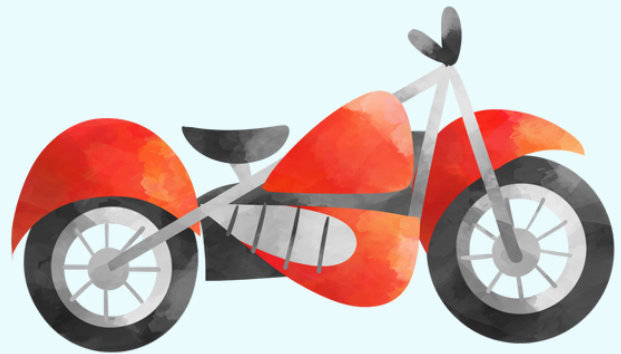
**PONY TROTS**

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



**GALOPS**

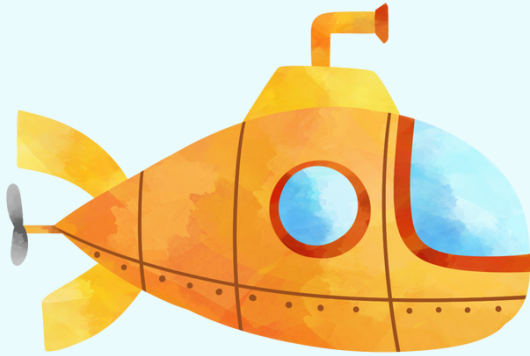
Little **DANCER**™ Children's Ballet Method™



**PICKED UP RUNS**

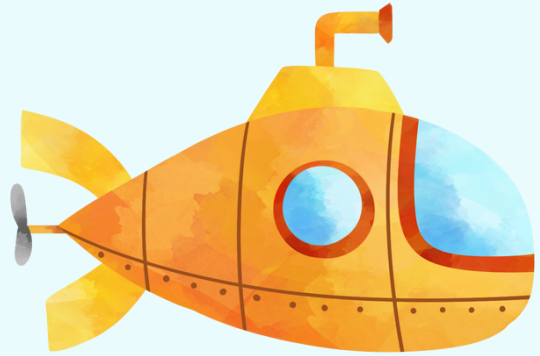


Little **DANCER**<sup>™</sup> Children's Ballet Method<sup>™</sup>



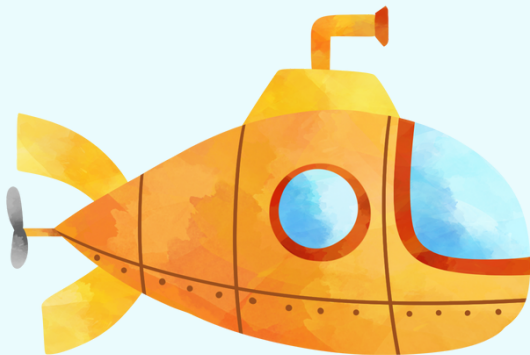
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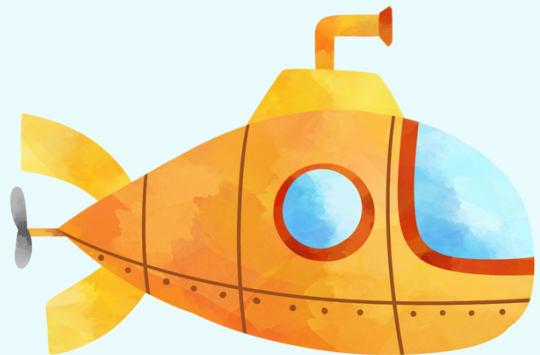
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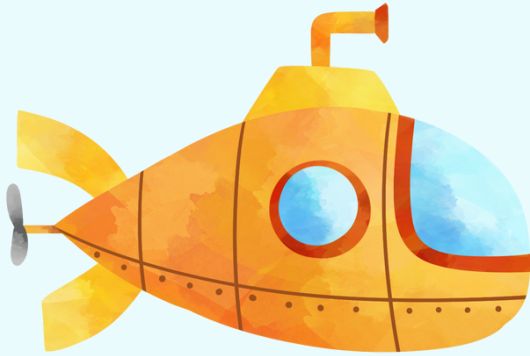
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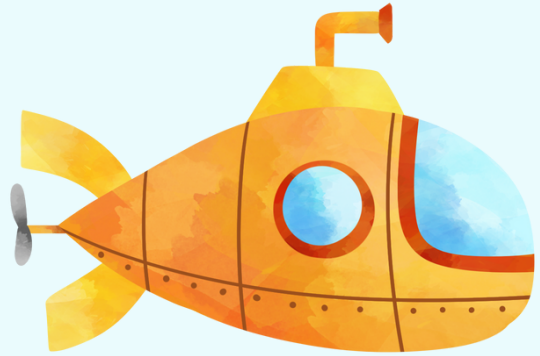
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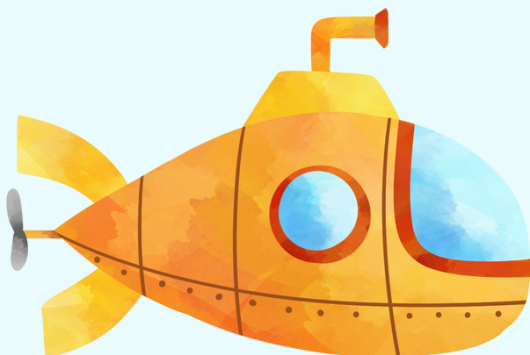
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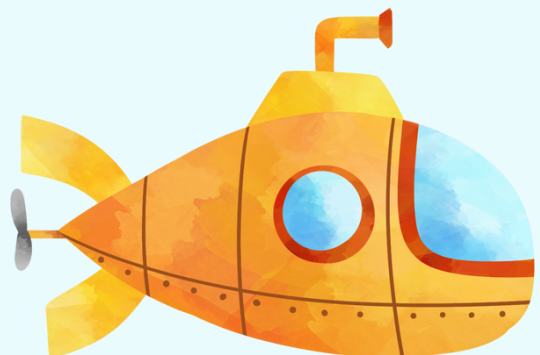
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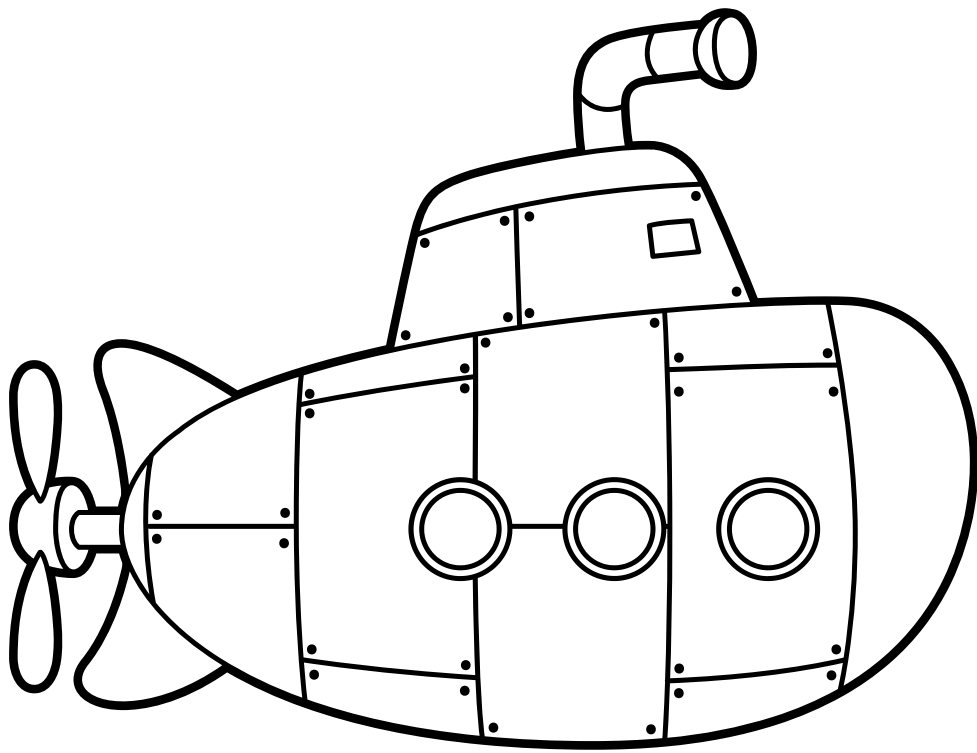
**GALOPS**

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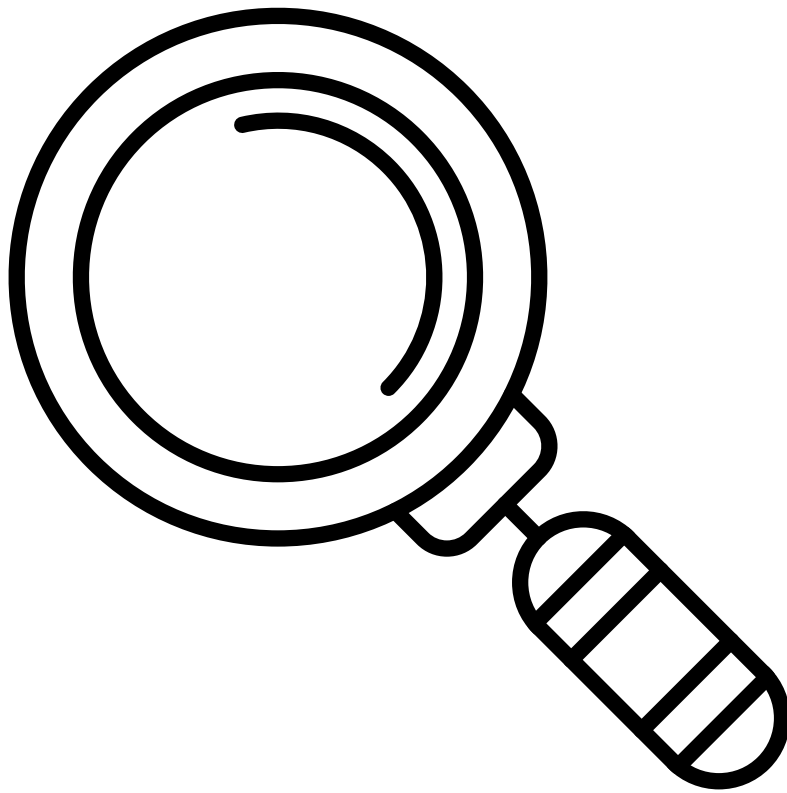


**PICKED UP RUNS**

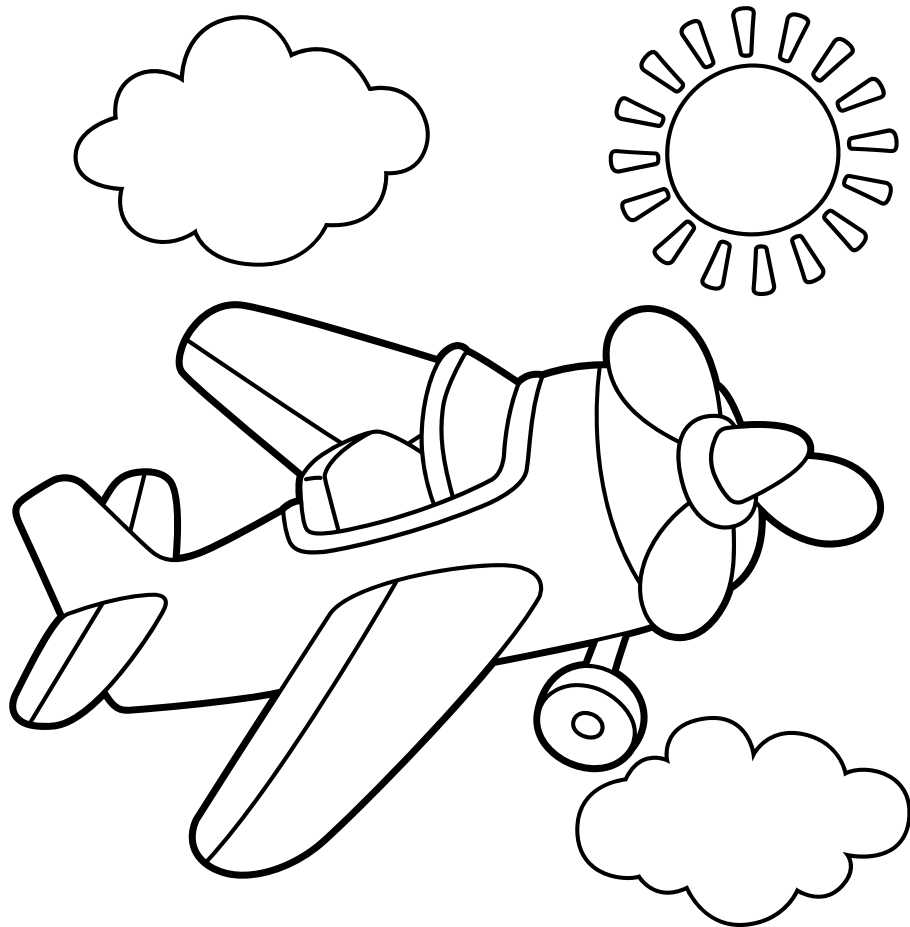
# Secret Spy



# Secret Spy



# Secret Spy



# Secret Spy

