

TICKETS PLEASE!

ALL ABOARD TRAINS

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: [Rooftop Kiss](#)

	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.

All Aboard!

Traveling A

Music: [For the Love of a Princess](#)

Train Ride. Let's play a game of follow the leader! Lead your students at first. Then let students take turns being the leader. Our train has a long way to go to get to our destination. Optional: Ask students where their train is going. Sometimes it moves slowly up a hill. Sometimes it might move fast down a hill. It travels on straight pathways and curved pathways. Come on! Let's get going!! Have students line up as one big train. Lead students around the room at different speeds and different pathways. Next, use the movement cards to determine what movements your train will make while traveling to your destination!

Traveling B

Music: [The Ludlows](#)

Train Car Add-on. We're playing a game of add-on today—traveling style! Have students line up as a train. The first student in line will pick a movement card and a number card. Your train (class) will do the chosen movement the chosen number of times. The second student in line will pick a movement card and a number card. Your train (class) will do the first student's chosen movement and number, then the second student's chosen movement and number. Continue adding onto your traveling combination until all students have had a turn.

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

All Aboard!

Free Dance A

Music: [I am a Man of Constant Sorrow](#)

Red Light Green Light. When the music is playing, our train will move at different speeds. Pretend to be trains, shuffling around the room. Tell your students to chug at fast speeds, slow speeds, and medium speeds. When the music is paused, out train must stop! Students freeze. Call out different directions for students to hop. Continue through several rounds.

Free Dance B

Music: [Alfred Moves to Helena](#)

Train Track Pathways. Pretend to be trains again and explore chugging in straight pathways (straight across, straight on the diagonal, straight zigzagged). Then explore it in a curved pathway (in a circle or in a curvy pathway). Next, combine speed and pathways. Ask students to move fast in a straight pathway. Ask them to move slowly in a circle. Ask them to move at a medium speed in a zigzagged pathway.

Obstacle Course A

No music needed for this activity.

Train Ride through the Country			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Train Tracks. Tape one or multiple pathways on the floor using painters tape.	Have students pick a movement card from a basket and complete that movement along the pathway(s).		
Up the Hill	March slowly like you're going up a steep hill.	March slowly like you're going up a steep hill.	Pony trot slowly like you're going up a steep hill.
Through a Tunnel	Crawl through a tunnel (or an imaginary tunnel).		
Alongside the Train	Run like a horse running alongside the train.	Picked up run like a horse running alongside the train.	Skip like a horse running alongside the train.

All Aboard!

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

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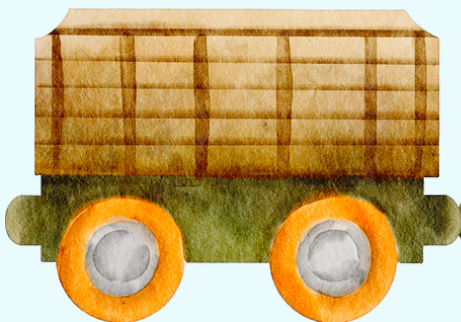
PROUD WALKS

Little DANCER™ Children's Ballet Method™



SPINS

Little DANCER™ Children's Ballet Method™



MARCHES

Little DANCER™ Children's Ballet Method™



PASSÉ WALKS

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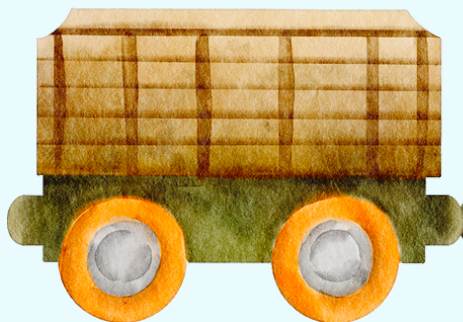
GALOPS

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

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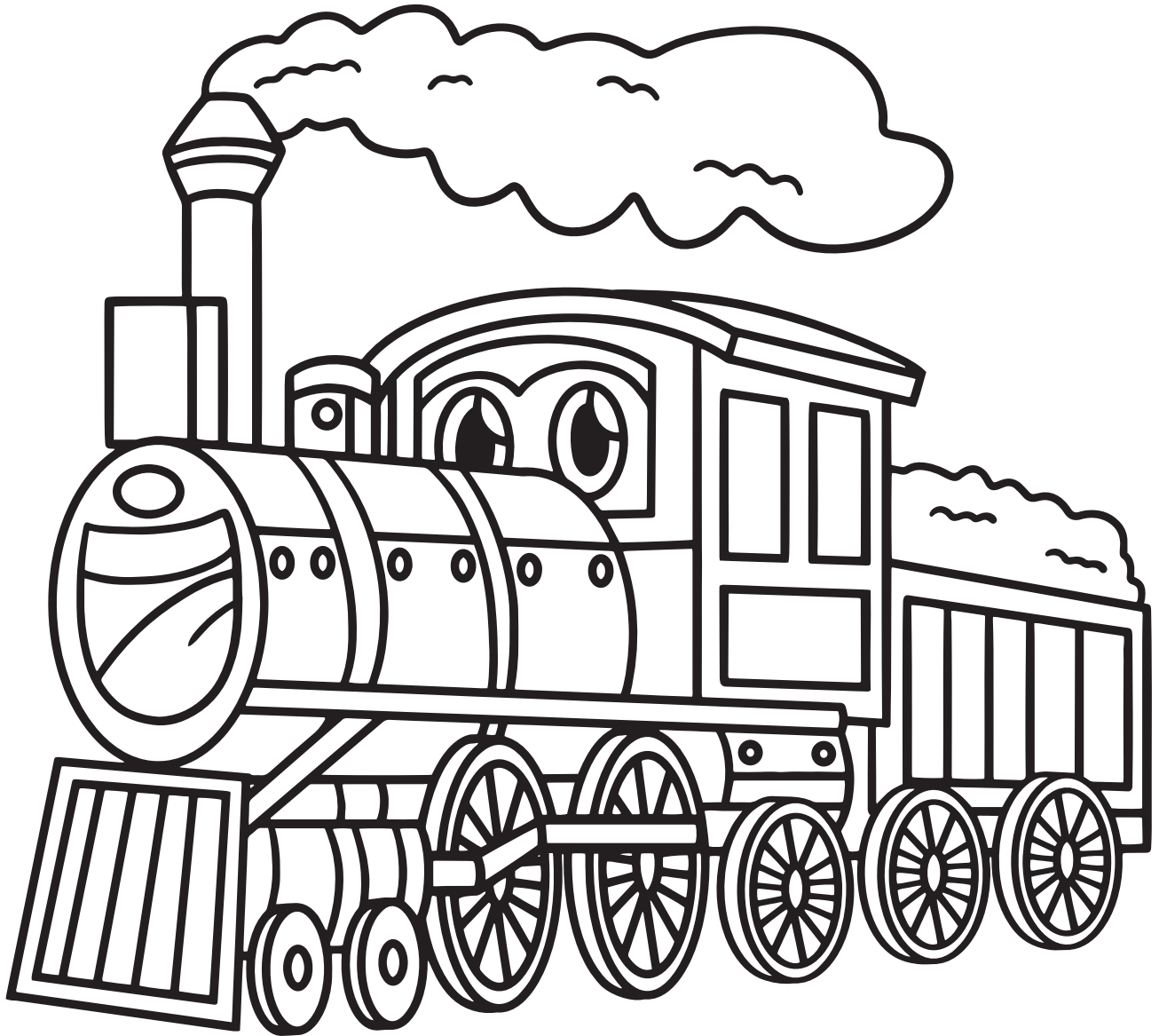
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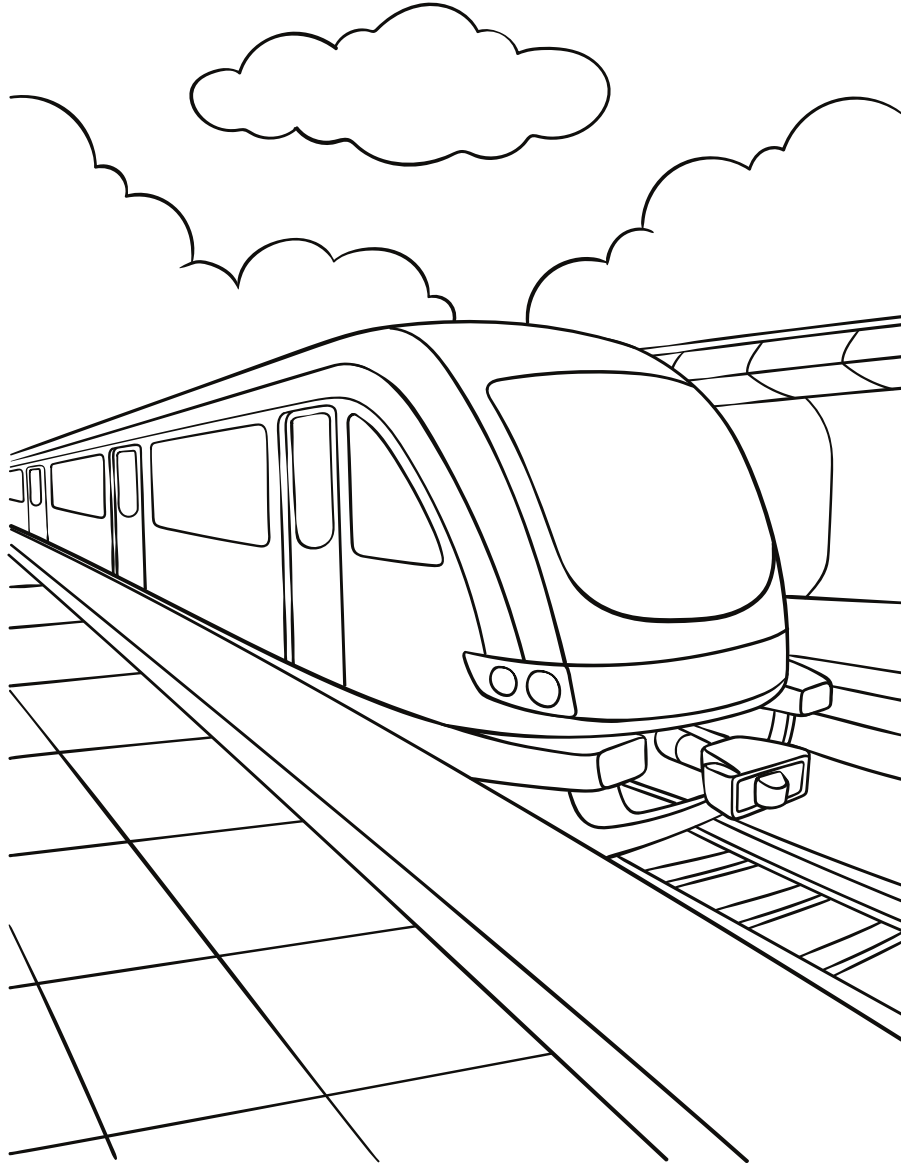
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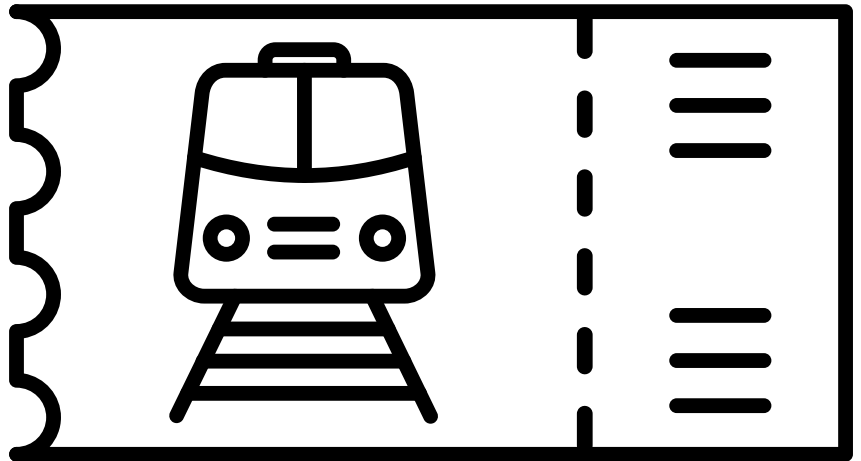
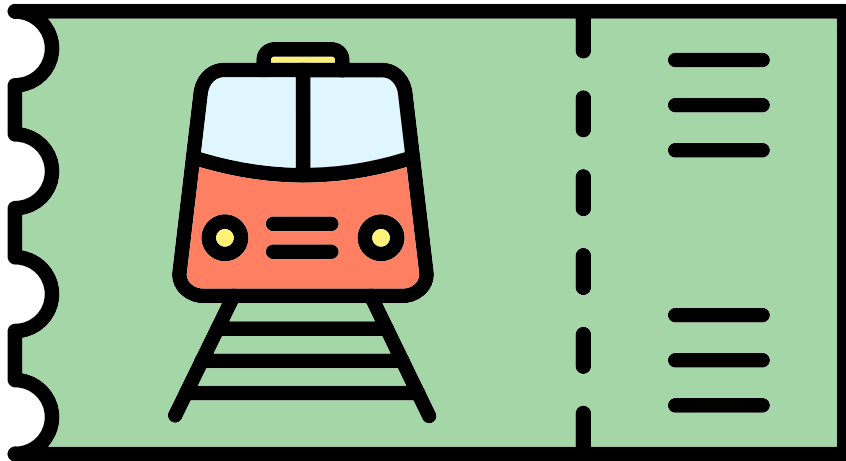
All Aboard!



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