

TIME TO GET READY!

LET'S PLAY BALL

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: Overture from "Mary Poppins"](#)

	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.

Traveling A

[Music: Willow's Theme](#)

Swim Meet. Tape lines or set out cones or another prop to indicate lanes in a swimming pool. Have two to four lanes, depending on the number of students. Choose a movement card. Say, "Ready, set, [insert movement]!" Students do the movement quickly to the other end of their lane and back. Continue through the movement cards.

Traveling B

[Music: Field of Dreams](#)

Bowling Pin. Usually, in bowling, we want to knock the pins down. Today, we want to keep one pin standing! Set a cone in the middle of the room. Have a student choose a movement card. All students will do that movement across the room, but step or leap over the pin (cone) when they get to it. Have another student choose a movement card. All students will do that movement across the room one at a time, but step or leap over the pin (cone) when they get to it. Continue until all students have had a chance to choose a movement

Centre Allegro

[Music: You've Got a Friend in Me](#)

	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: [I See You](#)

Colors and Balls. Place a pile of plastic balls of different colors in the center of the room, in a hula hoop so they won't roll away. 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 that color ball. When the music pauses, students return to the color pile. Assign a new color. Repeat through all the colors.

Free Dance B

Music: [Briseis and Achilles](#)

Parachute and Balls. In place of a second free dance in this lesson set, grab a parachute for some parachute fun. We're going to play ball with a parachute! Students spread out in a large circle around the parachute. Place plastic balls on top of the parachute for added fun.

Shake the parachute at different levels: low, medium, and high. Have students walk in a circle at a low level while holding the balloon at a low level. Do the same at a medium level and high level. Mix it up and call out different levels. Next, lift the parachute high and low, while trying to pop all of the balls off of it. (You can even say they're blasting off the parachute!) Once all the balls are off, have everyone lift the parachute high and call out one student's name to run across under the parachute before it comes down. Repeat until every student has had a turn.

Obstacle Course A

No music needed for this activity.

Ball Course A. Students carry a small plastic ball (or another ball that's soft) through the obstacle course.

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Hops + Hopscotch	You can lay out a row of spot markers for students to hop across while holding their ball.	You can lay out a row of spot markers for students to hop across. When students hop onto one marker, they hold their ball in one hand. When they hop to the next, they hold their ball with both hands. And so on. Encourage students to alternate hands, but remember this can be a difficult task for this age group.	You can lay out a row of spot markers so students jump off (feet apart) and onto (feet together) the markers to do hopscotch. When students jump off the markers, they hold their ball in one hand. When they jump together, they hold their ball with both hands. Encourage students to alternate hands.
Hit the Pin	Set out two cones apart. Students stand at one cone and try to roll their ball into the other cone.		
Putt Putt Roll	Students toss/roll their ball through a tunnel then crawl through the tunnel.		
Lay-up Leaps	Set out two beanbags in a row. Students run and leap over each beanbag. For older students: have them hold their ball up high with one or both hands when they leap.		

Obstacle Course B

No music needed for this activity.

Ball Course B. Students carry a beach ball through the obstacle course. You'll need 4 beach balls total. One for each student on the course at a time.			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Hold it High	Hold the beach ball high over your head as you walk across a balance beam.		
Around the Hoop	Lay out two or three hula hoops in a row. Students place their beach ball in a hoop and run around the hoop. Pick the ball up and place it in the next hoop.	Lay out two or three hula hoops in a row. Students place their beach ball in a hoop and gallop around the hoop. Pick the ball up and place it in the next hoop. Continue through all the hoops.	
Hops	Hold the beach ball high over your head while hopping (or stepping) across a row of spot markers. Optional: Place the spot markers in a zig zap pattern for students to jump through.		
Toss the Ball	Set out a row of cones. Start at the first cone. Toss the beach ball up high, catch it, then run to the next cone. Toss the ball up high, catch it, then run to the next cone. Continue to the last cone.	Set out a row of cones. Start at the first cone. Toss the beach ball up high, catch it, then picked up run to the next cone. Toss the ball up high, catch it, then run to the next cone. Continue to the last cone.	Set out a row of cones. Start at the first cone. Toss the beach ball up high, catch it, then skip to the next cone. Toss the ball up high, catch it, then run to the next cone. Continue to the last cone.
Pass it On	Pass or hand the beach ball to the next student waiting to enter the obstacle course. Get in the back of the line to wait your turn to go again!		

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™



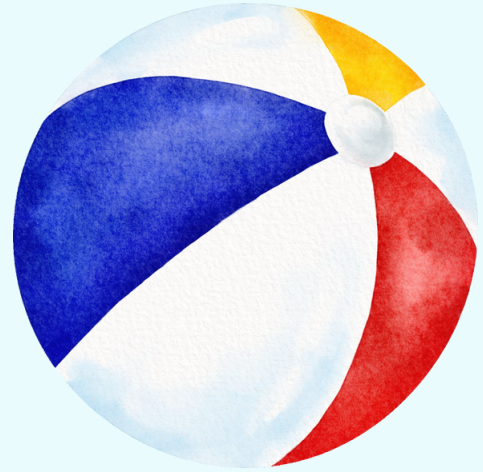
HOPS ON TWO FEET

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



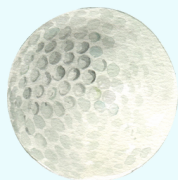
SLOW MOTION WALKS

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



HOPSCOTCH

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



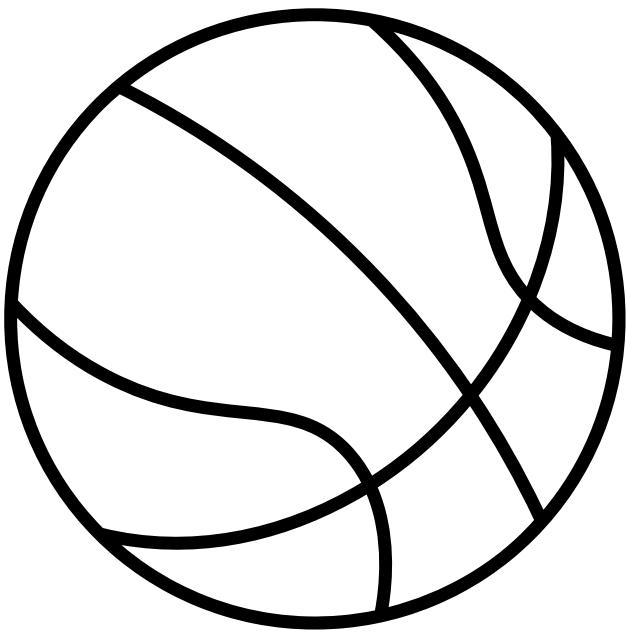
PRANCES

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

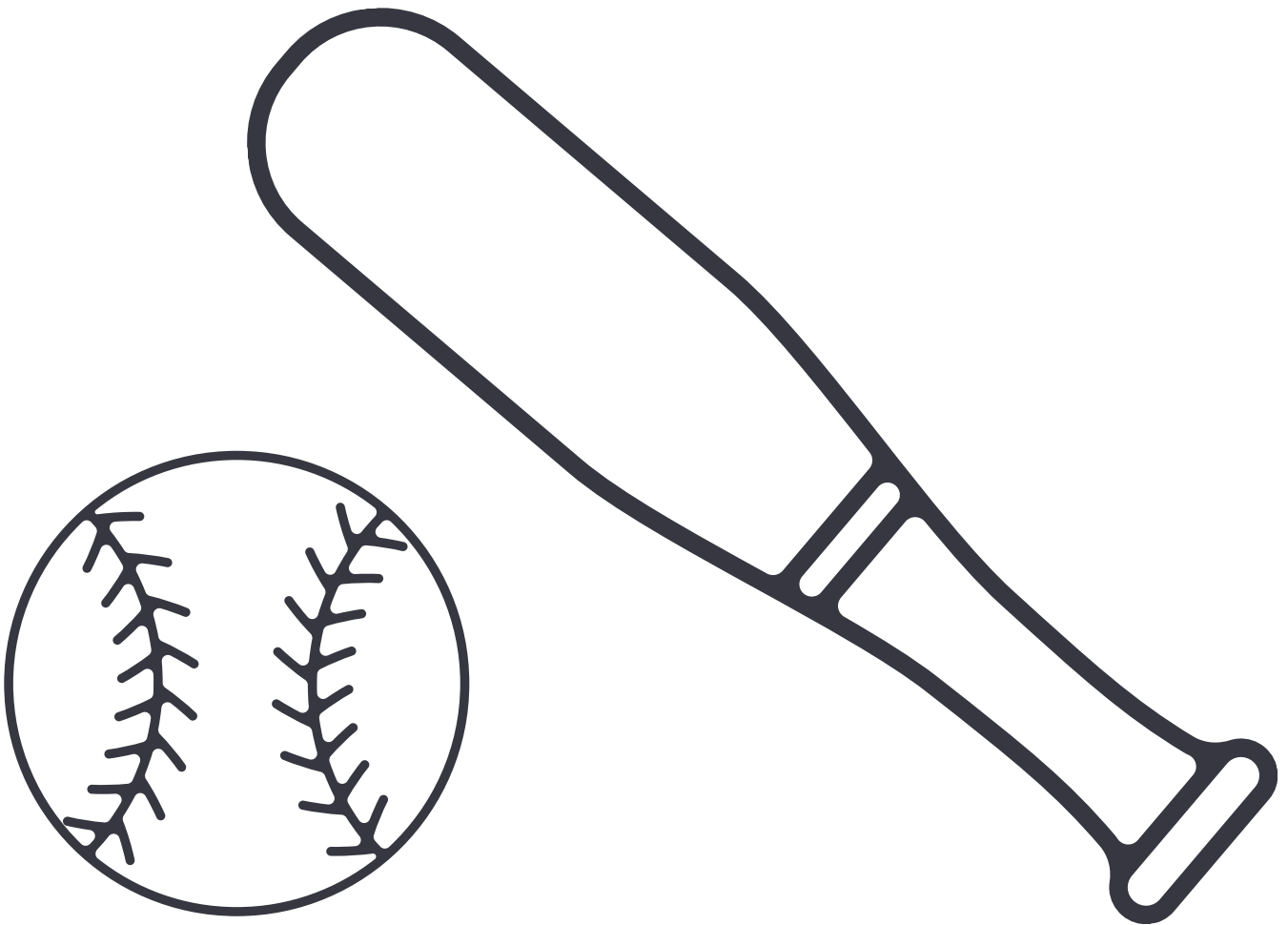


PONY TROTS

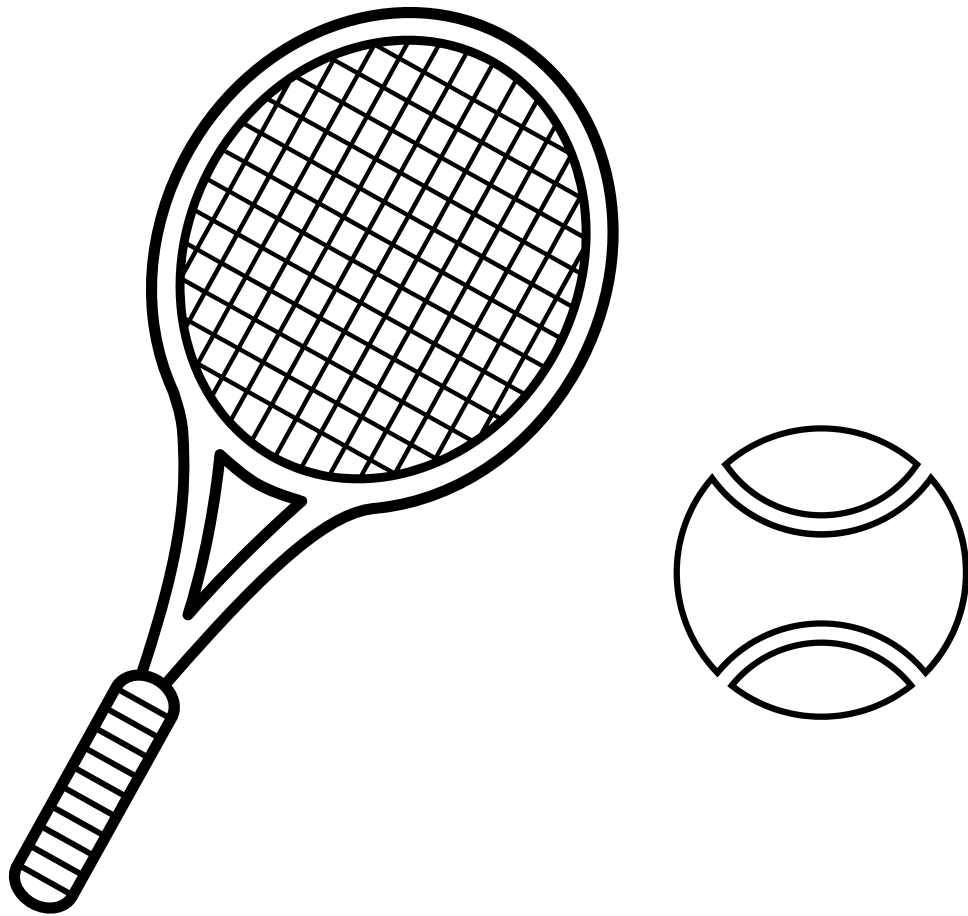
Let's Play Ball!



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