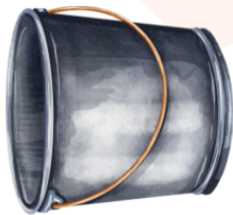




# NURSERY RHYME CURRICULUM



# Nursery Rhyme Dance Curriculum

Welcome to our Nursery Rhyme Dance Curriculum for teaching dance to tots and preschoolers! This curriculum includes 20 nursery rhyme stories. Each story is its own lesson plan and meant to be done for two weeks, for a total of 40 weeks of lesson plans.

Please remember, these lesson plans are meant to be flexible. Use them how they best fit you and your students. You can follow them exactly as they are written, but you certainly don't have to. You can also simply pull dance activities to plug into your own existing lesson plans.

If you'd like to read the nursery rhymes to your students, I highly recommend The Usborne Big Book of Nursery Rhymes. It includes 18 of the 20 nursery rhymes in this curriculum and the pictures are colorful and fun, making it perfect for reading to a class of littles!

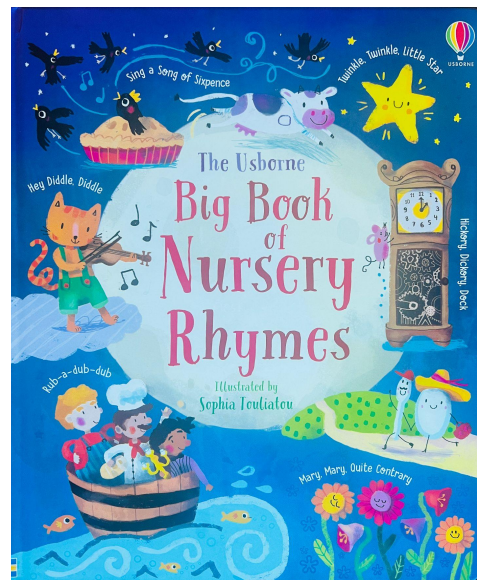
Rooting for you, friend!

*Ashley*

Ashley Hartford | Founder + Director | Once Upon a Ballet + Children's Ballet Method

## Contents

1. [Do You Know the Muffin Man?](#)
2. [Pat-a-Cake, Pat-a-Cake](#)
3. [The Queen of Hearts](#)
4. [Jack and Jill](#)
5. [Humpty Dumpty](#)
6. [Little Bo-Peep](#)
7. [Mary had a Little Lamb](#)
8. [Hickory Dickory Dock](#)
9. [Baa, Baa, Black Sheep](#)
10. [Little Miss Muffet](#)
11. [Mary, Mary, Quite Contrary](#)
12. [Rubb-a-Dub-Dub](#)
13. [One, Two, Three, Four, Five](#)
14. [Old Mother Hubbard](#)
15. [This Little Piggy](#)
16. [Sing a Song of Sixpence](#)
17. [Hey Diddle Diddle](#)
18. [Twinkle, Twinkle, Little Star](#)
19. [The Itsy Bitsy Spider](#)
20. [Pop Goes the Weasel](#)



# Toddler Hello and Goodbye Activities

AGES 1.5 TO 3 YEARS OLD, WITH A CAREGIVER

## Hello, Hello

### **Hello, hello! Can you clap your hands?**

Wave the right hand, wave the left hand, clap your hands.

### **Hello, hello! Can you clap your hands?**

Wave the right hand, wave the left hand, clap your hands.

### **Can you stretch up high?**

Reach up as high as you can.

### **Can you touch your toes?**

Reach down to your toes.

### **Can you turn around?**

Twirl.

### **Can you say hello?**

Open your arms up overhead and lower to the sides (like the sunshine, similar to taking the arms to 5th and opening to 2nd).

### **Repeat with Can you stamp your feet?**

Repeat everything except replace clapping with feet stomping, holding your hands on your hips.

[Hello Hello](#) (with words)

[Hello Hello](#) (instrumental)

## Goodbye

### **Bye, bye, goodbye.**

Wave the right hand, wave the left hand.

### **Bye, bye, bye, bye, goodbye.**

Twirl to the right.

### **I can clap my hands.**

Clap your hands 3x.

### **I can stamp my feet.**

Stomp your feet 3x.

### **Bye, bye, goodbye.**

Wave the right hand, wave the left hand.

### **Bye, bye, bye, bye, goodbye.**

Twirl to the left.

### **Bye, bye, goodbye.**

Wave the right hand, wave the left hand.

### **Bye, bye, bye, bye, goodbye. Goodbye!**

Turn to the right.

*Optional: For the remainder of the song, blow bubbles for your students to play and free dance in.*

[Bye Bye Goodbye](#) (with words)

[Bye Bye Goodbye](#) (instrumental)

# Preschool Hello and Goodbye Activities

AGES 3 TO 5 YEARS OLD

## Hello, Hello

### **Hello, hello! Can you clap your hands?**

Wave the right hand, wave the left hand, clap your hands.

### **Hello, hello! Can you clap your hands?**

Wave the right hand, wave the left hand, clap your hands.

### **Can you stretch up high?**

Reach up as high as you can.

### **Can you touch your toes?**

Reach down to your toes.

### **Can you turn around?**

Twirl.

### **Can you say hello?**

Open your arms up overhead and lower to the sides (like the sunshine, similar to taking the arms to 5th and opening to 2nd).

### **Repeat with Can you stamp your feet?**

Repeat everything except replace clapping with feet stomping, holding your hands on your hips.

[Hello Hello](#) (with words)

[Hello Hello](#) (instrumental)

## Goodbye

### **Bye, bye, goodbye.**

Wave the right hand, wave the left hand.

### **Bye, bye, bye, bye, goodbye.**

Twirl to the right.

### **I can clap my hands.**

Clap your hands 3x.

### **I can stamp my feet.**

Stamp your feet 3x.

### **Bye, bye, goodbye.**

Wave the right hand, wave the left hand.

### **Bye, bye, bye, bye, goodbye.**

Twirl to the left.

### **Bye, bye, goodbye.**

Wave the right hand, wave the left hand.

### **Bye, bye, bye, bye, goodbye.**

Turn to the right.

### **Goodbye!**

Curtsy in a parallel plié with the hands on the hips.

*Optional: For the remainder of the song, blow bubbles for your students to play and free dance in.*

[Bye Bye Goodbye](#) (with words)

[Bye Bye Goodbye](#) (instrumental)

# Lesson 1: Do You Know the Muffin Man?

## Rhyme

Do you know the muffin man,  
 The muffin man, the muffin man,  
 Do you know the muffin man,  
 Who lives in Drury Lane?

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsu Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [The Muffin Man \(Instrumental\)](#) and [Apples and Bananas \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Muffins!</b>	Sideways walks, holding a muffin pan	Sideways galops, holding a muffin pan
<b>Do you know him?</b>	Walks with palms up	Walks en demi pointe with palms up
<b>Yes, I know him!</b>	Marches	Marches.
<b>Let’s look for the Muffin Man!</b>	Runs while pretending to search	Runs while pretending to search high and low
<b>Drury Lane</b>	Sway and twirl across the room.	Picked up runs
<b>Muffin Tops!</b>	Walks on tip toes with the arms overhead	Prances with the arms in 5th position
<b>Look at all the muffins!</b>	Twirls	Twirls
<b>Your Favorite Flavor</b>	Fireworks jumps	Fireworks jumps

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [The Muffin Man](#)

### What Flavor Muffin?

Call out different flavors of muffins and let your students interpret how they might dance like that type of muffin. Blueberry, chocolate, cinnamon, etc. Or you can give each type of muffin a specific move: blueberry twirls, chocolate runs, cinnamon hops.

## Obstacle Course

No music needed for this activity.

### What Flavor Muffin?

- **Cinnamon.** Log roll across a mat like a cinnamon stick!
- **Blueberries.** Step (toddlers) or hop (preschoolers) across hula hoops as blueberries! Make a bigger step or hop with each one
- **Banana.** Run (toddlers) or picked up run (preschoolers) in a curved pattern around cones (like a banana shape).
- **Chocolate.** Step (toddlers) or pony trot (preschoolers) over rows of pool noodles (as chocolate bars).

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

## Lesson 2: Pat-a-Cake-Pat-a-Cake

### Rhyme

Pat-a-cake, pat-a-cake baker's man,  
 Bake me a cake as fast as you can;  
 Pat it and prick it and mark it with B,  
 Put it in the oven for baby and me.

### Warm-up

Welcome your students with ["Hello, Hello" from the beginning of this curriculum guide.](#)

### Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsu Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

### Traveling

Recommended Music: [Pat-a-Cake \(Instrumental\)](#) and [The Ice Cream Song \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Mark it with a B!</b>	Passé walks	Passé walks
<b>Take it to the Oven</b>	Crab walks (optional: with a cake pan on your tummy)	Crab walks (optional: with a cake pan on your tummy)
<b>Bake a Cake</b>	Sideways walks	Sideways galops
<b>As Fast as You Can</b>	Runs	Runs en demi pointe
<b>Bake it in the Oven</b>	Proud walks	Picked up runs
<b>Pick it</b>	Marches	Prances
<b>Is it Yummy?</b>	Twirls	Twirls
<b>Yes! It's Delicious.</b>	Run and step or leap over an object	Run and leap over an object

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Pat-a-Cake](#)

### Mark it with a...

Using scarves, encourage dancers to create the shape of the first letter of their name with their scarf, their traveling pattern, or their body shape.

## Obstacle Course

No music needed for this activity.

### Bake a Cake

- **Cake Mixers.** Place several hula hoops in a row. Students jump into each hoop and twirl like a mixer mixing cake batter.
- **Wooden Spoons.** Place several wooden spoons in a row. Students step (toddlers) or leap (preschoolers) over each spoon.
- **In the Oven.** Crawl through a tunnel.
- **Tick Tock, Tick Tock.** Walk (tots) or passé walk (preschoolers) across a balance beam while your cake bakes.
- **Ding!** The timer went off! Step up onto a step stool, block, or mat stack and jump (toddlers) or fireworks jump (preschoolers) off.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)



# Lesson 3: The Queen of Hearts

## Rhyme

The Queen of Hearts, she made some tarts,  
 All on a summer's day;  
 The Knave of Hearts, he stole the tarts,  
 And took them clean away.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star and Itsy Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [If You're Happy and You Know It \(Instrumental\)](#) and [Skidamarink \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>The Queen</b>	Proud walks	Proud walks
<b>The Queen's Skirt</b>	Twirls	Twirls
<b>Tart Stealers!</b>	Runs	Runs en demi pointe
<b>Let's Cool Off</b>	Sideways walks	Sideways galops
<b>Knave of Hearts</b>	Walks on tip toes	Picked up runs
<b>Come Back, Thief!</b>	Marches	Prances
<b>Royalty of LOVE</b>	Passé walks	Passé walks with hands on your heart
<b>Summer Sunshine</b>	Fireworks jumps	Fireworks jumps

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [The Queen of Hearts](#)

### For the Love of Hearts

Have your students dance freely as they might when they feel love. How might they move when they feel loved by someone else like their parents? How might they feel when they love someone or something? Optional: Let students dance with ribbon streamers.

## Obstacle Course

No music needed for this activity.

### Hearts and Tarts

- **The Queen of Hearts.** Tape heart playing cards in a row for students to step over (toddlers) or hop over (preschoolers).
- **On a Summer's Day.** Passé walk (toddlers) or prance (preschoolers) around cones like a summer's breeze.
- **The Knave of Hearts.** Sneaky walks, then crawl through a tunnel.
- **Took the Tarts!** Place several hula hoops in a row. Students run as fast as they can around each hoop. Optional: Let students each carry a paper plate with imaginary tarts on it. When preschoolers finish, ask them, what flavor tarts are on their plates.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

## Lesson 4: Jack and Jill

### Rhyme

Jack and Jill went up the hill  
 To fetch a pail of water;  
 Jack fell down and broke his crown  
 And Jill came tumbling after.

### Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

### Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsu Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

### Traveling

Recommended Music: [Jack and Jill \(Instrumental\)](#) and [Bingo \(instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Up the hill, we go!</b>	Marches	Marches
<b>Hoist up the pail!</b>	Passé walks	Passé walks
<b>What’s in the well?</b>	Runs around a hula hoop as the well	Runs en demi pointe around a hula hoop as the well
<b>Fill the pail with water.</b>	Run and step into a hula hoop. Hop out of the hoop.	Run and jump into a hula hoop. Fireworks jump out of the hoop.
<b>Don’t spill the water!</b>	Sideways walks (optional: hold a pail)	Sideways galops (optional: hold a pail)
<b>Jack fell down.</b>	Fireworks jumps	Fireworks jumps
<b>Jill came tumbling.</b>	Twirls	Twirls
<b>Jack and Jill</b>	Sideways walks facing a partner and holding hands	Sideways galops facing a partner and holding hands

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Jack and Jill](#)

### Fetch and Tumble

When music is playing, students dance freely around the room, pretending they are carrying a pail of water. When the music is paused, students must come to an incline mat in the center of the room and log roll (toddlers) or forward roll (preschoolers) one at a time down the mat.

## Obstacle Course

No music needed for this activity.

### Jack and Jill

- **Up the Hill.** Walk (toddlers) or passé walk (preschoolers) across a balance beam.
- **Pail of Water.** Walk (toddlers) or twirl (preschoolers) to a hula hoop. Lean over it, pretending you are a pail of water, pouring water into the hoop. Repeat with a second hoop.
- **The Crown.** Have students place a bean bag on their head. Preschoolers may stack two on their head. Walk (toddlers) or walk en demi pointe (preschoolers), weaving through cones.
- **Tumbling After.** Log rolls (toddlers) or forward rolls (preschoolers) down an incline mat.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

# Lesson 5: Humpty Dumpty

## Rhyme

Humpty Dumpty sat on a wall,  
 Humpty Dumpty had a great fall.  
 All the king's horses and all the king's men  
 Couldn't put Humpty together again.

## Warm-up

Welcome your students with ["Hello, Hello" from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsu Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Humpty Dumpty \(Instrumental\)](#) and [Five Little Monkeys \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Humpty Dumpty</b>	Sideways walks	Sideways galops
<b>Sit on a Wall</b>	Walk to the center of the room. Sit in the middle of a hula hoop. Stand up and hop out of the hoop.	Walk en demi pointe to the center of the room. Sit in the middle of a hula hoop. Stand up and hop out of the hoop.
<b>A Great Fall</b>	Twirls	Twirls
<b>The King's Horses</b>	Step over a row of pool noodles while pretending to hold a horse's reins	Pony trot slowly over pool noodles while pretending to hold a horse's reins
<b>The King</b>	Proud walks	Proud walks
<b>Don't Fall!</b>	Crab walk while balancing a beanbag on your tummy. Don't let it fall! (Optional: add more beanbags for difficulty!)	Crab walk while balancing two beanbags on your tummy. Don't let them fall! (Optional: add more beanbags for difficulty!)
<b>Putting Together the Pieces</b>	Run across while holding hands with a partner	Picked up run across while holding hands with a partner
<b>Balancing Act</b>	Place a beanbag on your head and walk (younger) or passé walk (older) across	Place a beanbag on your head and passé walk or prance slowly across

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Humpty Dumpty](#)

### Shake your Humpty Dumpties!

When music is playing, students dance freely around the room with egg shakers. When the music is paused, students freeze. Don't make a sound when you freeze!

## Obstacle Course

No music needed for this activity.

### Humpty Dumpty

- **Humpty Dumpty.** Step (toddlers) or hop (preschoolers) over egg shakers. Don't land on Humpty!
- **The Wall.** Walk (toddlers) or sideways walk (preschoolers) across a balance beam as a wall.
- **The Horses.** Toddlers: Run around cones then step or leap over a pool noodle. Preschoolers: Prance around cones then leap over a pool noodle.
- **The King's Men.** Set out a row of spot markers. Students march to a spot marker and hop onto it then off of it. Repeat across.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

# Lesson 6: Little Bo-Peep

## Rhyme

Little Bo Peep has lost her sheep,  
 And doesn't know where to find them;  
 Leave them alone,  
 And they'll come home,  
 Wagging their tails behind them.

## Warm-up

Welcome your students with ["Hello, Hello" from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Little Bo Peep \(Instrumental\)](#) and [Ten in the Bed \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Lost Sheep</b>	Crawls	Bear walks
<b>Tall Grass</b>	Passé walk	Passé walk
<b>Can you see them?</b>	Walks on tip toes, searching	Passé walks on demi pointe, searching
<b>Calling out, "Sheep, oh sheep!"</b>	Fireworks jumps	Fireworks jumps
<b>Runaway Shep</b>	Runs	Sideways galops
<b>Looking Everywhere</b>	Walk on tip toes, up high and also down low, pretending to look all around	Walk on tip toes, up high and also down low, pretending to look all around
<b>Little Bo Peep</b>	Twirls	Prances
<b>Wagging Tails</b>	Move freely across, pretending to wag your tail like a happy sheep	Move freely across, pretending to wag your tail like a happy sheep

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Little Bo Peep](#)

### No Peeps!

When music is playing, students dance freely around as Little Bo Peep's sheep wandering freely. When the music is paused, students freeze. Don't make a sound when you freeze so Little Bo Peep can't hear you!

## Obstacle Course

No music needed for this activity.

### Bo Peep's Sheep

- **Leaving the Sheep Pen.** Crawl through a tunnel.
- **We're Free!** Set out a row of cones. Students sideways walk (toddlers) or sideways gallop (preschoolers) side-to-side to zig zag around them.
- **Frolicking Sheep.** Set out a row of hula hoops with a scarf in each one. Students step (toddlers) or hop (preschoolers) into each hoop, pick up the scarf and twirl one time. Continue across.
- **Across a Log.** Walk (toddlers) or passé walk (preschoolers) across a balance beam.
- **Down a Hill.** Log roll (toddlers) or forward roll (preschoolers) down an incline mat.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)



# Lesson 7: Mary had a Little Lamb

## Rhyme

Mary had a little lamb,  
 Its fleece was white as snow;  
 And everywhere that Mary went,  
 The lamb was sure to go.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsu Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Mary Had a Little Lamb \(Instrumental\)](#) and [Animals on the Farm \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Mary</b>	Proud walks	Proud walks
<b>Little Lamb</b>	Passé walks	Passé walks
<b>Keep Up!</b>	Fireworks jumps	Fireworks jumps
<b>Fleece of Snow</b>	Twirls	Twirls
<b>C'mon Lambs!</b>	Runs	Runs en demi pointe
<b>Frolic in the Fields</b>	Dance freely across the room	Dance freely across the room
<b>Mary's Marches</b>	March	March
<b>Follow Mary</b>	Pair up student/parent couples. Have one couple lead the other across in any movement.	Pair up students. Have one couple lead the other across in any movement.

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Mary Had a Little Lamb](#)

### Following Mary

The sheep went everywhere that Mary went! Designate a “Mary” and take turns having them be the leader of all the sheep. The sheep must follow Mary’s every move across the room.

## Obstacle Course

No music needed for this activity.

### Mary and her Lamb

- **Mary.** Sways across the room with a scarf. (Toddlers) Sways with chassés across the room with a scarf. (Preschoolers)
- **Mary’s Lamb.** Crawl or bear walk from one spot marker to another.
- **Through the Fields.** Run (toddlers) or picked up run (preschoolers) in a zig zag pattern through a row of cones.
- **All Around.** Run and step (toddlers) or jump (preschoolers) into a hula hoop. Twirl one time. Hop (toddlers) or fireworks jump (preschoolers) out of the hoop. Repeat with a second hoop. Options: Give students ribbon streamers for this portion.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it’s time to sleep. They’ll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week’s alarm clock. The student says, “Wake up!” (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with [“Goodbye” from the beginning of this curriculum guide.](#)

# Lesson 8: Hickory Dickory Dock

## Rhyme

Hickory, dickory, dock!  
 The mouse went up the clock.  
 The clock struck one.  
 The mouse went down.  
 Hickory, dickory, dock!

## Warm-up

Welcome your students with ["Hello, Hello" from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Hickory Dickory... Crash! \(Instrumental\)](#) and [Seven Steps \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Climbing Up the Clock</b>		
<b>Quiet as You Can</b>	Quiet passé walks	Quiet passé walks
<b>Clock Walks</b>	Walks on tip toes Optional: Tip toe around a hula hoop (as a clock) halfway across	Walks on demi pointe Optional: Tip toe around a hula hoop (as a clock) halfway across
<b>Sneaky Side Walks</b>	Sideways walks	Sideways walks
<b>Creeping Crawls</b>	Crawls	Bear walks
<b>Traveling Down the Clock</b>		
<b>Little Mouse Scuries</b>	Scurry like a little mouse	Scurry liek a little mouse
<b>Go Go!</b>	Runs as fast as you can!	Quick galops
<b>Pick It Up</b>	Quick passé walks	Prances
<b>Mad Marching</b>	Marches	Marches

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Hickory Dickory... Crash!](#)

### The Clock Strikes...

Tape number cards 1 through 12 in the middle of hula hoops spread out on the floor. Students dance freely as mice while music is playing. When the music is paused, call out a number (or two numbers if you have a large class). Students must find the hula hoop with that number and stand quietly in it.

## Obstacle Course

No music needed for this activity.

### Midnight Mouse Run

- **Cheese Run.** Place yellow felt cutouts (as pretend cheese) in a basket at the beginning of a balance beam. Place another basket at the end of the balance beam. Have students take a piece of “cheese” from one basket to the other. Toddlers walk. Preschoolers go as fast as they can without falling off the beam!
- **Giant Cheese.** Log roll (toddlers) or forward roll (preschoolers) down an incline mat (as a giant cheese wedge). Optional: What face would your students make if they saw a piece of cheese that big?!
- **The Clock Strikes 12.** Run (toddlers) or picked up run (preschoolers) and jump into a hula hoop.
- **Little Mice.** Place bean bags in a row. Have students step over (toddlers) or pony trot over (preschoolers) the beanbags. (Optional: Have students take cheese from one basket at the beginning of the beanbags to another basket at the end of the beanbags.)

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it’s time to sleep. They’ll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week’s alarm clock. The student says, “Wake up!” (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with [“Goodbye” from the beginning of this curriculum guide.](#)

# Lesson 9: Baa, Baa, Black Sheep

## Rhyme

Baa, baa, black sheep,  
 Have you any wool?  
 Yes sir, yes sir,  
 Three bags full.  
 One for the master,  
 One for the dame,  
 And one for the little boy  
 Who lives down the lane

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star and Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Baa Baa Black Sheep \(Instrumental\)](#) and [Open Shut Them \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Wooly Walks</b>	Walk across an imaginary soft pad of wool	Walk across an imaginary soft pad of wool
<b>Black Sheep</b>	Runs	Prances
<b>3 Bags Full</b>	Pretend to hold a bag of wool and sideways walk	Pretend to hold a bag of wool and sideways galop
<b>Transport the Bags</b>	Crabwalk with a beanbag on your tummy	Crabwalk with three beanbags on your tummy
<b>Yes Sir, Yes Sir</b>	Marches	Marches
<b>How many bags?</b>	Three! Step in and out of 3 hula hoops in a row.	Three! Hop in and out of 3 hula hoops in a row.
<b>Across the Pasture</b>	Passé walks	Picked up runs
<b>Spinning Wool</b>	Twirls	Twirls

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Baa Baa Black Sheep](#)

### Three Bags Full

Students free dance when the music plays. Pause the music and give each student a beanbag to balance on their head. Play music and have students dance as freely as they can while balancing the beanbag on their head. Pause the music and give them each a second beanbag. Repeat until each student tries to free dance with three beanbags on their head!

## Obstacle Course

No music needed for this activity.

### Midnight Mouse Run

- **Baa, Baa.** Set several hula hoops in a row. Students step (toddlers) or hop (preschoolers) into each hoop. Then fireworks jump and say, “Baa!” out of each hoop.
- **Black Sheep.** Run (toddlers) or pony trot (preschoolers) happily around cones.
- **Three Bags Full.** Place a pile of felt pieces (as wool) at the beginning and three baskets across. Students pick up three felt pieces and sideways walk (toddlers) or sideways gallop (preschoolers) across, placing a felt piece in each basket.
- **Down the Lane.** Walk (toddlers) or walk en demi pointe (preschoolers) across a balance beam.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it’s time to sleep. They’ll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week’s alarm clock. The student says, “Wake up!” (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with [“Goodbye” from the beginning of this curriculum guide.](#)

# Lesson 10: Little Miss Muffet

## Rhyme

Little Miss Muffet she sat on her tuffet,  
Eating her curds eating and whey;  
Along came a spider,  
Who sat down beside her,  
And frightened Miss Muffet away.

## Warm-up

Welcome your students with ["Hello, Hello" from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Little Miss Muffet \(Instrumental\)](#) and [Do You Like Lasagna Milkshakes? \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Little Miss Muffet</b>	Twirl across the room while holding a spoon	Twirl across the room while holding a spoon
<b>Sat on a Tuffet</b>	Walk to the center of the room. Sit in the middle of a hula hoop. Stand up and hop out of the hoop.	Walk en demi pointe to the center of the room. Sit in the middle of a hula hoop. Stand up and hop out of the hoop.
<b>Curd Crawls</b>	Crawls	Crawls
<b>Whey Walks</b>	Proud walks	Walks en demi pointe
<b>The Spider</b>	Crab walks	Crab walks
<b>Sat Down Beside her</b>	Fireworks jumps	Fireworks jumps
<b>Frightened Miss Muffet</b>	Runs	Runs en demi pointe
<b>The Spider</b>	Runs with ribbon streamers (as a web)	Picked up runs with ribbon streamers (as a web)

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Little Miss Muffet](#)

### Muffets and Spiders

Place spot markers around the room and divide your class into two groups. One group will begin as Muffets, each sitting on a spot marker. Play music and the other group will dance as spiders. Pause the music. The spiders must each sit beside a Muffet. Muffets should act scared and jump up from their spot marker. Now the groups switch roles as you play the music again. Repeat several times.

## Obstacle Course

No music needed for this activity.

### Midnight Mouse Run

- **Miss Muffet.** Passé walk (toddlers) or galop (preschoolers) to a hula hoop. Pretend to eat a spoonful of curds (think cheese). Passé walk (toddlers) or galop (preschoolers) to a second hula hoop and pretend to eat a spoonful of whey (think oatmeal).
- **The Tuffet.** Sit tall on a step stool or mat stack (as the tuffet). Stand on it and jump (toddlers) or fireworks jump (preschoolers) off.
- **The Spider.** Crawl through a tunnel.
- **Frightened Miss Muffet.** Stand on a spot marker and make a scared face. Jump up, off the spot marker and run (toddlers) or picked up run (preschoolers) across.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)



# Lesson 11: Mary, Mary, Quite Contrary

## Rhyme

Mary, Mary, quite contrary,  
 How does your garden grow?  
 With silver bells, and cockle shells,  
 And pretty maids all in a row.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star and Itsy Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Mary Mary Quite Contrary \(Instrumental\)](#) and [One Potato, Two Potatoes \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Mary</b>	Twirls	Twirls
<b>Pretty Maids</b>	Sideways walk in a row together across the room	Sideways galop in a row together across the room
<b>Blossoming Flowers</b>	Walks with arms in 5th	Walks en demi pointe with arms in 5th
<b>Butterflies</b>	Runs with flying arms	Runs en demi pointe with flying arms
<b>Bunnies</b>	Step across spot markers	Hop across spot markers
<b>Worms</b>	Crawl through a tunnel	Crawl through a tunnel
<b>Spiders</b>	Crab walk	Crab walk
<b>Honey Bee Stripes</b>	Step over a row of pool noodles	Hop over a row of pool noodles

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Mary Mary Quite Contrary](#)

### How Does Your Garden Grow?

When the music is playing, students dance as Mary in her garden. When the music pauses, students must freeze in a crouched down position, like a seed. Go to each student and pretend to water them. When you water them, they can pretend to grow and bloom, standing tall like a beautiful flower. Repeat several times.

## Obstacle Course

No music needed for this activity.

### Mary's Garden

- **Honey Bees.** Place cones in a zig zag pattern. Students run (toddlers) or picked up run (preschoolers) from one cone to the next and pretend to smell each flower (cone).
- **Silver Bells.** Walk across a balance beam, starting small from a crouched position and getting taller and taller as you walk across. Optional: Let your arms bloom like a flower!
- **Butterflies.** Place spot markers in a zig zag pattern as flowers. Students run and hop onto each spot marker as if landing delicately on a flower.
- **Cockle Shells.** Place bean bags in a scattered pathway. Pretend each bean bag is a flower. Students tip toe (toddlers) or walk en demi pointe (preschoolers) through the flowers. Don't step on any flowers!

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

# Lesson 12: Rub-a-Dub-Dub

## Rhyme

Rub-a-dub, three men in a tub,  
 And who do you think they be?  
 The butcher, the baker, the candlestick-maker,  
 So turn out the knaves all three.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Rub a Dub Dub \(Instrumental\)](#) and [This is the Way \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Dipping Candlesticks</b>	Passé walks	Passé walks
<b>Ducks Splashing</b>	Sideways walks	Sideways galops
<b>Knave Runs</b>	Runs	Runs en demi pointe
<b>Make Room in the Tub</b>	Marches (optional: around a hula hoop in the center of the room)	Prances (optional: around a hula hoop in the center of the room)
<b>3 Men in a Tub</b>	Twirls	Three sideways walks and a three-step-turn
<b>Paddling the Boat</b>	Crawl through a tunnel	Crawl through a tunnel
<b>Out to Sea</b>	Sways	Sways
<b>Waves</b>	Fireworks jumps	Fireworks jumps

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Rub a Dub Dub](#)

### In the Boat!

Place spot markers around the room as boats. When the music is playing, students dance freely like they're in the ocean. When the music is paused, each student must find a "boat" to hop onto and freeze.

## Obstacle Course

No music needed for this activity.

### Tub Boat Fun

- **Hop in the Tub.** Run and jump into a hula hoop.
- **Spinning out to sea.** Twirls across taped line.
- **Teetering Tub .** Walk (toddlers) or passé walk (preschoolers) across a balance beam.
- **Make Waves.** Climb up onto a step stool or mat stack and jump (toddlers) or fireworks jump (preschoolers) off.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

# Lesson 13: One, Two, Three, Four, Five

## Rhyme

One, two, three, four, five,  
 Once I caught a fish alive,  
 Six, seven, eight, nine, ten,  
 Then I let it go again.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star and Itsy Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Once I Caught a Fish Alive \(Instrumental\)](#) and [Five Little Ducks \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Count to Five</b>	5 sways side to side, then sideways walk	5 sways with chassés
<b>Catch a Fish</b>	Passé walks	Passé walks
<b>Let the Fish Go</b>	Run quickly like a fish getting away	Picked up run quickly like a fish getting away
<b>Swim in the Pond</b>	Walks with swimming arms	Proud walks with swimming arms
<b>Beavers</b>	Crawl through a tunnel (as a beaver lodge)	Crawl through a tunnel (as a beaver lodge)
<b>Frogs</b>	Fireworks jumps	Frog hops
<b>Ducks</b>	Marches	Marches
<b>Turtles</b>	Crawl slowly	Crawl slowly

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Once I Caught a Fish Alive](#)

### In the Pond

What animals might you find in a pond besides fish? Have your students free dance as different pond animals, such as ducks, frogs, beavers, turtles, and fish!

## Obstacle Course

No music needed for this activity.

### Gone Fishin’

- **1 to 10.** Step (toddlers) or hop (preschoolers) across 10 spot markers, counting to 10. (You or the parent may help students in counting, if needed.)
- **Fish Swims.** Place cones in a zig zag pattern. Students run like little fishies swimming around the cones.
- **Let’s Go Fishing.** Passé walk across a balancing beam, pretending to reel in your fishing line with each passé.
- **Around the Pond.** Place two hula hoops in a row. Students sideways walk (toddlers) or sideways gallop (preschoolers) around each pond.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it’s time to sleep. They’ll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week’s alarm clock. The student says, “Wake up!” (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with [“Goodbye” from the beginning of this curriculum guide.](#)

# Lesson 14: Old Mother Hubbard

## Rhyme

Old Mother Hubbard  
 Went to the cupboard,  
 To give the poor dog a bone:  
 When she came there,  
 The cupboard was bare,  
 And so the poor dog had none.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [The Bear Went Over the Mountain \(Instrumental\)](#) and [How Many Fingers? \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Old Mother Hubbard</b>	Proud walks	Proud walks
<b>The Cupboard</b>	Crawl through a tunnel	Crawl through a tunnel
<b>The Dog</b>	Bear crawls	Bear crawls
<b>Chasing Tails</b>	Twirls	Twirls
<b>The Bone</b>	Run like a happy dog about to get a bone	Prance like a happy dog about to get a bone
<b>Look for a Bone</b>	High and low walks, searching	High and low walks, searching
<b>Bare Cupboards</b>	Sideways walks with palms up (as if you don't know where the bone went)	Sideways galops with palms up (as if you don't know where the bone went)
<b>Sad Dog</b>	Slow, sad walks	Slow, sad walks

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Old Mother Hubbard](#)

### Find the Bone

In place of a free dance, do a treasure hunt for the bone! Pretend to read a paper map. Give your students steps like 5 passé walks forward, 3 tiny sideways steps, or 4 hops backward. After 8 to 10 different steps, let your students pretend to have found their bone. Play music and let them dance happily with their imaginary bones.

## Obstacle Course

No music needed for this activity.

### At Old Mother Hubbard's

- **Old Mother Hubbard.** Step (toddlers) or hop (preschoolers) across spot markers.
- **The Dog.** Place cones in a zig zag pattern. Students run like little fishies swimming around the cones.
- **The Bone.** Walk (toddlers) or walk en demi pointe (preschoolers) across a balance beam (the bone).
- **The Bare Cupboard.** Place several spot markers in a row. Students stand on a spot marker, making a small shape like they've climbed into an empty cupboard. Fireworks jump off the marker. Repeat across.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)



# Lesson 15: This Little Piggy

## Rhyme

This little piggy went to market,  
 This little piggy stayed home,  
 This little piggy had roast beef,  
 This little piggy had none.  
 This little piggy said,  
 “Wee, wee, wee,”  
 All the way home!

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle, Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [It’s Raining It’s Pouring \(Instrumental\)](#) and [What Do You Hear? \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Little Piggies</b>	Crawls	Bear walks
<b>To the Market</b>	Sideways walks	Sideways galops
<b>Home Sweet Home</b>	Proud walks	Prances
<b>Roast Beef</b>	Runs	Runs en demi pointe
<b>No Food for Me</b>	Twirls	Twirls
<b>Wee Wee Wee!</b>	Run and step over an object	Run and leap over an object
<b>5 Piggies</b>	5 sways then movement of choice across	5 sways then movement of choice across

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [I Had a Nut Tree \(Instrumental\)](#)

### To the Market...

Free dance as if you're going to the market to buy food. Let your student have fun role playing through different movements. How would they get to the market? What would they buy? How would they get home? What might they cook?

## Obstacle Course

No music needed for this activity.

**At the Market.** Let's pretend we're at a farmer's market! What will we buy today?

- **Carrot Hops.** Place cones in a row on the floor. Students hop over each carrot.
- **Radish Relevés.** Place beanbags as radishes in a row on the floor. Students must run to each radish, rise (in parallel), lower in plié, and hop over the radish.
- **Around the Cabbage Heads.** Place hula hoops or spot markers as cabbages in a row. Students must run around each cabbage head.
- **Honey.** Ewy, gooey walks across a yoga mat, like you're walking through sticky honey.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

# Lesson 16: Sing a Song of Sixpence

## Rhyme

Sing a song of sixpence,  
A pocket full of rye.  
Four and twenty blackbirds  
Baked in a pie.

When the pie was opened,  
The birds began to sing.  
Wasn't that a dainty dish  
To set before the king?

## Warm-up

Welcome your students with ["Hello, Hello" from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Sing a Song of Sixpence \(Instrumental\)](#) and [Little Robin Readbreast \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>King</b>	Royal walks	Royal walks
<b>Blackbird</b>	Runs with flying arms	Runs en demi pointe with flying arms
<b>Pick the Pocket</b>	Passé walks	Passé walks
<b>Dainty Dish</b>	Little walks on tip toe	Little walks en demi pointe
<b>Singing Birds</b>	Twirls	Twirls
<b>Opening Pies</b>	Fireworks jumps	Fireworks jumps

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
Sautés	Parallel Sautés	Parallel Sautés
Échappés		Parallel Échappés
Hops on Two Feet		Directional Hops (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)
Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Sing a Song of Sixpence](#)

### Open Up the Pie!

Have your students free dance when the music plays. When the music pauses, they must all go into the pie (a hula hoop). Pick a pie to “open” by lifting up the hoop. Play music and everyone dance again. Repeat several times.

## Obstacle Course

No music needed for this activity.

### Bake a Pie

- **Mix the Dough.** Place several hula hoops in a row. Students jump into each and twirl like mixing dough.
- **Roll the Dough.** Log roll down an incline mat like a rolling pin.
- **Pick the Berries.** Passé walk around cones.
- **Bake it in the Oven.** Crawl through a tunnel.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, “Wake up!” (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with [“Goodbye” from the beginning of this curriculum guide.](#)

# Lesson 17: Hey Diddle Diddle

## Rhyme

Hey, diddle, diddle,  
 The cat and the fiddle,  
 The cow jumped over the moon;  
 The little dog laughed  
 To see such fun,  
 And the dish ran away with the spoon.

## Warm-up

Welcome your students with ["Hello, Hello" from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Hey Diddle Diddle \(Instrumental\)](#) and [Counting Bananas \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Cat</b>	Crawls	Crawls
<b>Fiddle</b>	Runs	Picked up runs
<b>Cow</b>	Marches, moo at the end	Marches, moo at the end
<b>Moon</b>	Run and step over an object	Run and leap over an object
<b>Dog</b>	Bear walks	Bear walks
<b>Dish and Spoon</b>	Twirl with a spoon	Twirl with a spon

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Hey Diddle Diddle](#)

### The Dish and the Spoon

Dance freely around the room with a partner!

## Obstacle Course

No music needed for this activity.

### Hey Diddle Diddle

- **Fiddle's Bow.** Walk (toddlers) or passé walk (preschoolers) across a balance beam (as the fiddle's bow).
- **Cat.** Crawl through a tunnel.
- **Dog.** Pretend to laugh, then step (toddlers) or hop (preschoolers) across spot markers.
- **Dish and Spoon.** Place several hula hoops in a row with a spoon in each. Students run and step (toddlers) or jump (preschoolers) into a hoop. Pick up the spoon and twirl. Place the spoon back down and continue across.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

# Lesson 18: Twinkle, Twinkle, Little Star

## Rhyme

Twinkle, twinkle, little star,  
 How I wonder what you are.  
 Up above the world so high,  
 Like a diamond in the sky.  
 Twinkle, twinkle, little star,  
 How I wonder what you are.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star and Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Twinkle Twinkle Little Star \(Instrumental\)](#) and [Sweet Dreams \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Twinkling Stars</b>	Walk across with hands twinkling	Walk across with hands twinkling high and low
<b>World so High</b>	Runs with arms in 5th	Runs en demi pointe with arms in 5th
<b>Diamond in the Sky</b>	Passé walks	Passé walks
<b>Galaxy Galops</b>	Sideways walks (galop prep)	Sideways galops
<b>You're a Wonder</b>	Twirls with ribbon streamers	Twirls with ribbon streamers
<b>Star Gazing</b>	Crab walks	Crab walks

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Twinkle Twinkle Little Star](#)

### Diamonds in the Sky

Dim the lights and let your students dance freely around the room with glow sticks!

## Obstacle Course

No music needed for this activity.

### The Night Sky

- **Star Dust.** Walk (toddlers) or sway (preschoolers) through a row of cones while holding a scarf.
- **Shooting Star.** Climb up onto a step stool or mat stack and jump (toddlers) or fireworks jump (preschoolers) off.
- **Twinkle.** Wave a ribbon streamer while walking (toddlers) or doing passé walks (preschoolers) across a balance beam.
- **Moonbeam.** Place several hula hoops in a row. Students run and step (toddlers) or jump (preschoolers) into a hoop.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)



# Lesson 19: The Itsy Bitsy Spider

## Rhyme

The itsy bitsy spider crawled up the water spout.  
 Down came the rain, and washed the spider out.  
 Out came the sun, and dried up all the rain,  
 and the itsy bitsy spider went up the spout again.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsy Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Itsy Bitsy Spider \(Instrumental\)](#) and [Mr. Golden Sun \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Spicer</b>	Crawls	Bear crawls
<b>Up the Spout</b>	Passé walks	Passé walks en demi pointe
<b>Rain Pours</b>	Runs with wiggly fingers	Runs en demi pointe with wiggly fingers
<b>Sun</b>	Marches with the arms in 5th	Marches with the arms in 5th
<b>Drying up the Rain</b>	Sideways walks	Sideways galops
<b>Up th Spout (Again)</b>	Passé walks	Picked up runs

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [The Itsy Bitsy Spider](#)

### Rain, Rainbows, and Sunshine

Using streamers or ribbons, free dance around the room waving in high (sun), medium (rainbows), and low (rain) levels.

## Obstacle Course

No music needed for this activity.

### The Night Sky

- **Spider.** Crawl through a tunnel
- **Water Spout.** Walk (toddlers) or walk en demi pointe (preschoolers) across a balance beam.
- **Rain.** Run (toddlers) or picked up run (preschoolers) through cones with ribbon streamers as rain.
- **Sunshine.** Run and step (toddlers) or leap (preschoolers) over an object.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it's time to sleep. They'll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week's alarm clock. The student says, "Wake up!" (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with ["Goodbye" from the beginning of this curriculum guide.](#)

# Lesson 20: Pop Goes the Weasel

## Rhyme

All around the Mulberry Bush,  
 The monkey chased the weasel.  
 The monkey stopped to pull up his sock,  
 Pop! goes the weasel.

## Warm-up

Welcome your students with [“Hello, Hello” from the beginning of this curriculum guide.](#)

## Centre Barre

Recommended Music: [Twinkle Twinkle Little Star](#) and [Itsy Bitsu Spider](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Plié</b>	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.
<b>Rise and Twirl</b>	Twirls in parallel.	Rise and turn in parallel.
<b>Tendu</b>		Tendus front in parallel.
<b>Passé</b>	Slow marches.	Parallel passés, balancing for 2 counts with each.
<b>Sway</b>	Sways side to side in parallel.	Sways and sways with chassés in parallel.

## Traveling

Recommended Music: [Pop! Goes the Weasel \(Instrumental\)](#) and [10 Little Dinosaurs \(Instrumental\)](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Monkey</b>	Run like a monkey	Run like a monkey
<b>Pull Up a Sock</b>	Passé walks	Passé walks en demi pointe
<b>The Weasel</b>	Crawls	Bear walks
<b>Pop!</b>	Fireworks jumps	Fireworks jumps
<b>Mulberry Bush</b>	Sideways walks	Sideways galops
<b>Pop! (Again)</b>	Run and step over an object	Run and leap over an object

## Centre Allegro

Recommended Music: [Pop Goes the Weasel](#) and [Row Row Row Your Boat](#)

	1.5-3 Year Olds	3-5 Year Olds
<b>Sautés</b>	Parallel Sautés	Parallel Sautés
<b>Échappés</b>		Parallel Échappés
<b>Hops on Two Feet</b>		Directional Hops (Parallel)
<b>Hops on One Foot</b>		Hops on One Foot from Side to Side (Parallel)
<b>Fireworks Jumps</b>	Fireworks Jumps	Fireworks Jumps

## Free Dance

Recommended Music: [Pop! Goes the Weasel](#)

### Around the Mulberry Bush

Place hula hoops around the room as mulberry bushes. Students dance freely around the room when the music plays. When the music pauses, students must run and jump into a hoop, saying, “Pop!” when they jump. Repeat several times.

## Obstacle Course

No music needed for this activity.

### The Night Sky

- **Weasel.** Crawl through a tunnel
- **Pull Up a Sock.** Passé walk across a balance beam.
- **Mulberry Bush.** Sideways walk (toddlers) or sideways galop (preschoolers) around a row of hula hoops.
- **Pop!** Climb up onto a step stool or mat stack and jump (toddlers) or fireworks jump (preschoolers) off.  
Optional: Say, “Pop!” when you jump.

## Goodbye

Dim the lights and blow bubbles for your students to dance slowly under.

Pause the music, stop blowing bubbles, and tell your students it’s time to sleep. They’ll lie down and pretend to sleep. Toddlers can snuggle with their caregivers.

Tap a student on the shoulder as this week’s alarm clock. The student says, “Wake up!” (Choose a different student each week.) Everyone pretends to wake up and stands up.

Follow with [“Goodbye” from the beginning of this curriculum guide.](#)