

HAVE YOU EVER SEEN A POLAR BEAR?

# ARCTIC ANIMALS

Little **DANCER**<sup>™</sup> Curriculum

Part of *Once Upon a Ballet*<sup>™</sup>



## Welcome!

When you meet your students in their world—a world filled with stories, magic, and make-believe—you'll see amazing changes in your toddler, preschool, and children's dance classes.

We hope you'll bring joy into your dance classroom with the dance activities and exercises in our Little Dancer Curriculum!

## Rooting for you!

The Once Upon a Ballet Team

*Activities in the Little Dancer Curriculum were created by Once Upon a Ballet Director, Ashley Hartford, and contributing teachers, Autumn Cantrell, Kristin Mueller, and Lee Ann Stehle. This curriculum was reviewed by Naomi Roberts. Additional support was provided by Emily Bronaugh and Olivia Wickstrom.*

## TODDLER DANCE ACTIVITIES

## AGES 1.5 TO 3, WITH A PARENT/CAREGIVER

## Welcome!

I hope you and your students enjoy this dance class. That it brings joy and fun to your youngest students while giving them a strong foundation for technique.

On this page, you'll find our hello and goodbye activities for toddlers. We've kept these the same for every toddler dance class theme. We've found that while children love novelty—like a brand new theme every month—they also love repetition. Repetition allows them to feel safe. They know what to expect. One way we give our students this repetition is by opening and closing with the same hello and goodbye activities in every class.

- Ashley Hartford and the Once Upon a Ballet Team

## 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)



## DANCE CONCEPT EXPLORATION

### Arctic Direction

*Suggested Prop: Arctic Fox Direction Cards*

Ask your students if they can hop (or step) FORWARD. Lead them in hopping or stepping FORWARD.

Ask your students if they can hop (or step) BACKWARD. Lead them in hopping or stepping BACKWARD.

Ask your students if they can hop (or step) TO THE SIDE. Lead them in hopping or stepping TO THE SIDE.

It's important in dance that we understand direction because knowing which direction to move in can help us to not bump into each other. It can also help us look like a class dancing together!

When we learn dances, that's called choreography. (You can ask your students if they can repeat the word, "Choreography".) Choreography is the steps in a dance. When we learn choreography or dances, we need to know what direction to do steps in.

#### Explore the Concept: Catch a Mouse!

In the winter, when the ground is covered with several feet of snow, Arctic foxes try to catch mice that are several feet under the snow. They have very good hearing and listen really closely.

How carefully can you listen? I'm going to pick a direction card and call out whether you need to jump forward (show jumping forward), backward (show jumping backward), or to the side (show jumping to the side) to catch the mouse. (Students may jump to either side at this level. Don't worry about right or left.)

Have each student stand on a floor marker mat. Pick an Arctic Fox Direction Card and call out whether they should hop (or step) forward, backward, or to the side to catch the mouse.

Parents may help their child, as needed in this activity.

*Please note: Technically, Arctic foxes primarily hunt a small animal called a lemming. For the sake of simplicity for this age group, we're saying mice.*

## CENTRE BARRE

### Arctic Centre Barre

**Plié.** Sink down in the snow like a puffin.

**Twirls.** Turn around like a snowy owl turning his head all the way around.

**Sway.** Sway side to side like the northern lights through the sky.

## TRAVELING ACTIVITIES

### Arctic Friends

**Use the Arctic Animal Movement Cards to travel across the room or in a large circle around the room.**

**Penguin Walks.** Walk turned out with flat feet.

**Reindeer Runs.** Run like a deer.

**Snow Bunny Hops.** Hop (or step) across the snow.

**Whale Leaps.** Leap like a whale leaping out of the water.

### I Spy Arctic Animals!

1. **March** like a penguin on the ice.
2. **Jump** like that arctic hare through the forest.
3. **Run** like the reindeer by the river.
4. **Passé Walk** a snow owl on a branch.
5. **Walk** like an arctic fox on top of the snow.

## CENTRE ALLEGRO

### Explore the Arctic

**Seal Claps.** Sautés and échappes.

**Walrus Hops.** Hop (or step) forward, backward, and side to side.

**Blowhole Jumps.** (Fireworks jumps). Can you jump like water shooting out of a whale's blowhole as it comes up for air?



## FREE DANCE

### Swimming with Narwals

Narwals have been called the unicorns of the sea because of their long horn. They can swim incredibly deep, and love to play together close to the surface. Let's imagine we are narwals swimming in the Arctic. We swim down deep, we leap up through the surface, we swim under and icebergs.

### Follow the Animal

Did you know animals leave behind their paw prints in the snow? We're going to follow some arctic animals. I'll tell you what they are, and you can dance as you think that animal might!

Examples:

- Penguins
- Polar bears
- Arctic foxes
- A snow owl

## OBSTACLE COURSE

### Arctic Trail Obstacle Course

**Seal Somersaults** - Forward rolls on mats.

**Iceberg Maze** - Use blocks or cones as icebergs and weave through them.

**Glacier Hops** - Hop from hula hoop to hula hoop.

**Penguin Dives** - Jump down and swim and army crawl.

**Whale Leaps** - Leap over an object.

## MUSIC ACTIVITY

### Ice and Echos

#### Ice Crystal Sounds

Hear the icicles make a beautiful sound when they clink together and echo off the walls of the cave. Explore instruments with light notes, like bells, chimes, etc. to make an "ice crystal" sounds.

#### Echoes in the Ice Caves

We're in an ice cave, where the ceiling is super high and the walls are far apart. Listen to how our voices echo in the ice cavern!" Call out "ECHO ECHO echo echo echo echo echo." Have students practise echoing their names and other words that you choose.

### Make it Movement

Start with each student standing on a floor marker mat. Say, "Forward!" and students echo you by repeating, "Forward!" and hopping (or stepping) forward. Repeat with various directions: forward, backward, and to the side.

## SING ALONG / FINGER PLAY

### Unicorn of the Sea

#### I Am a Narwhal

Arms are straight above head like a horn and clap hands together 3x.

Repeat 1x.

#### I like parties, I like waffles

Bring one hand down, then the other one down.

#### Because, because...

Sway side to side and then wiggle with arms in close.

#### It's Narwal Song...

Put one right pointer finger on top of head, then add the left pointer finger. Grow your arms tall above your head.

#### Unicorn of the Sea...

Take one arm down and swim hand up and down, then switch.

#### Unicorn Jelly fish best of friends

One arm goes out right, other goes out left, hug self and sway.

### Narwhal Unicorn of the Sea

## DANCE GAME

### Arctic Freeze Dance

Freeze every time the music stops. Listen to the music and dance along to the movement words.

Penguin Waddle

Seal Slides

Polar Bear Swim

### The Ice - Polar Animals



## TODDLER LESSON PLAN

WEEKS 1 & 3

### WARM-UP

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### DANCE CONCEPT EXPLORATION

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### CENTRE BARRE

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### TRAVELING ACTIVITY

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### CENTRE ALLEGRO

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### STORY DANCE

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### FREE DANCE

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### OBSTACLE COURSE

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### SING ALONG / FINGER PLAY

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### GOODBYE

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## TODDLER LESSON PLAN

WEEKS 2 & 4

### WARM-UP

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### DANCE CONCEPT EXPLORATION

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### CENTRE BARRE

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### TRAVELING ACTIVITY

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### CENTRE ALLEGRO

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### STORY DANCE

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### FREE DANCE

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### MUSIC ACTIVITY

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### DANCE GAME

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### GOODBYE

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Little DANCER™ by OUB™



**FORWARD**

Little DANCER™ by OUB™



**BACKWARD**

Little DANCER™ by OUB™



**SIDE / RIGHT**

Little DANCER™ by OUB™



**SIDE / LEFT**

Little DANCER™ by OUB™



## PENGUIN WALKS

TODDLERS

Little DANCER™ by OUB™



## REINDEER RUNS

TODDLERS

Little DANCER™ by OUB™



## SNOW BUNNY HOPS

TODDLERS

Little DANCER™ by OUB™



## WHALE LEAPS

TODDLERS

## PRESCHOOL DANCE ACTIVITIES

### AGES 3 TO 5 YEARS OLD

#### Welcome!

I hope you and your students enjoy this dance class. That it brings joy and fun to your youngest students while giving them a strong foundation for technique.

On this page, you'll find our hello and goodbye activities for preschoolers. We've kept these the same for every preschool dance class theme. We've found that while children love novelty—like a brand new theme every month—they also love repetition. Repetition allows them to feel safe. They know what to expect. One way we give our students this repetition is by opening and closing with the same hello and goodbye activities in every class.

- Ashley Hartford and the Once Upon a Ballet Team

#### 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)

## DANCE CONCEPT EXPLORATION

### Arctic Direction

*Suggested Prop: Arctic Fox Direction Cards*

Ask your students if they can hop FORWARD. Lead them in hopping or stepping FORWARD.

Ask your students if they can hop BACKWARD. Lead them in hopping or stepping BACKWARD.

Ask your students if they can hop TO THE SIDE. Lead them in hopping or stepping TO THE SIDE.

It's important in dance that we understand direction because knowing which direction to move in can help us to not bump into each other. It can also help us look like a class dancing together!

When we learn dances, that's called choreography. (You can ask your students if they can repeat the word, "Choreography".) Choreography is the steps in a dance. When we learn choreography or dances, we need to know what direction to do steps in.

#### Explore the Concept: Catch a Mouse!

In the winter, when the ground is covered with several feet of snow, Arctic foxes try to catch mice that are several feet under the snow. They have very good hearing and listen really closely.

How carefully can you listen? I'm going to pick a direction card and call out whether you need to jump forward (show jumping forward), backward (show jumping backward), or to the side (show jumping to the side) to catch the mouse. (Students may jump to either side at this level. Don't worry about right or left.)

Have each student stand on a floor marker mat. Pick an Arctic Fox Direction Card and call out whether they should hop (or step) forward, backward, or to the side to catch the mouse.

Please note: Technically, Arctic foxes primarily hunt a small animal called a lemming. For the sake of simplicity for this age group, we've said mice.

## CENTRE BARRE

### Arctic Centre Barre

**Plié.** Sink down in the snow like a puffin.

**Rises.** Rise up like a narwhal with its horn rising out of the ocean.

**Twirls.** Turn around like a snowy owl turning his head all the way around.

**Tendu.** Slide your polar bear paw on the ice.

**Sway.** Sway side to side like the northern lights through the sky.

**3rd Arabesque.** Watch the northern lights, standing in parallel with the arms in 3rd arabesque.

## TRAVELING ACTIVITIES

### Arctic Friends

Use the Arctic Animal Movement Cards to travel across the room or in a large circle around the room.

**Polar Bear Crawls.** Crawl like a polar bear.

**Penguin Walks.** Walk turned out with flat feet.

**Snow Owl Flying Runs.** Run en demi-pointe with arms moving up and down from a low to high V.

**Snow Bunny Hops.** Hop across the snow.

**Arctic Fox Prances.** Prance like a fox on top of the deep snow.

**Whale Leaps.** Leap like a whale leaping out of the water.

**Reindeer Picked Up Runs.** Picked-up runs.

**Shooting Star Runs.** Jump to start, then run fast like a shooting star.

### Arctic Explorers

Let's explore the arctic! We're arriving by boat and traveling to a secret place where we can see lots of arctic animals!



Begin this activity by having your class follow you around the room as if you're in a boat. Land your boat where you would like your students to wait during this across-the-floor activity.

1. **Low walks** off the boat to the icy shore.
2. **High walks** through the deep snow.
3. **Prance** across the frozen river stones. (Optional: Use spot markers as river stones.)
4. **Demi-pointe runs** through the snowy mountain valley.
5. **Hop** over the fallen logs. (Optional: Use a prop as the log.)
6. **Galops** to find the perfect hideaway to watch the animals in a circle of trees.
7. **Picked-Up Runs** in excitement. Yay! We've found our perfect arctic spot. What animals do we see? (Let each student tell you what animal they "see" before doing picked-up runs across.)

## CENTRE ALLEGRO

### Exploring the Arctic

**Seal Claps.** Sautés and échappes.

**Seal Hops.** Hop on one foot like a seal on one fin!

**Walrus Hops.** Hops forward, backward, and side to side.

**Blowhole Jumps.** (Fireworks jumps). Can you jump like water shooting out of a whale's blowhole as it comes up for air?

## STORY DANCE

### The Penguin Ball

**Waddle, waddle, tap, tap...**

Step in place in a waddling kind of way: R, L, clap, clap.

Welcome to the penguin ball!

Welcome with your arms, port de bras through 1st, 2nd, and back to hips.

**Waddle, waddle, clap, clap...**

Step in place in a waddling kind of way: R, L, clap, clap.

Welcome to the penguin ball!

Welcome with your arms, port de bras through 1st, 2nd, and back to hips.

**We're dressed in our very best tonight!**

Plié-échappé to parallel 2nd-land in plié-stretch.

Plié-sauté returning to parallel 1st-land in plié-stretch.

Waddle, waddle, tap, tap...

Step in place in a waddling kind of way: R, L, clap, clap.

**Our tuxedos shine in black and white.**

Passé right, close, passé left, close.

Waddle, waddle...

Twirls to the right.

**Tip your top hat to a friend.**

Turn to a friend to one side of you and bow

Now please put it on again.

Turn to a friend on the other side of you and bow

And tap your feathers up and down.

Rose up with your arms in a high V, then squat down.

**We're dancing at the penguin ball!**

Hold, fireworks jump on "ball".

[The Penguin Ball](#)

## FREE DANCE

### Swimming with Narwals

Narwals have been called the unicorns of the sea because of their long horn. They can swim incredibly deep, and love to play together close to the surface. Let's imagine we are narwals swimming in the Arctic. We swim down deep, we leap up through the surface, we swim under and icebergs.

### Follow the Snow Tracks

Did you know animals leave behind their paw prints in the snow? Call out a description of the animal's paw prints AND the animal and have students dance as that arctic animal might.

Examples:

- Penguins have 2 small footprints really close together.
- Polar bears have 4 deep footprints that are wider apart.
- Arctic foxes have 4 small footprints that aren't very deep because they are light.
- A snow owl has no footprints because it flies!

## OBSTACLE COURSE

### Arctic Trail Obstacle Course

**Seal Somersaults-** Forward rolls on mats.

**Iceberg Maze-** Use blocks or cones as icebergs and weave through them.

**Glacier Hops-** Hop from hula hoop to hula hoop.

**Penguin Dives-** Jump down and swim and army crawl.

**Whale Leaps -** Leap over an object.

## MUSIC ACTIVITY

### Ice and Echos

#### Ice Crystal Sounds

Hear the icicles make a beautiful sound when they clink together and echo off the walls of the cave. Explore instruments with light notes, like bells, chimes, etc. to make an "ice crystal" sounds.

#### Echoes in the Ice Caves

We're in an ice cave, where the ceiling is super high and the walls are far apart. Listen to how our voices echo in the ice cavern!" Call out "ECHO ECHO echo echo echo echo echo." Have students practice echoing their names and other words that you choose.

#### Make it Movement

Start with each student standing on a floor marker mat. Say, "Forward!" and students echo you by repeating, "Forward!" and hopping forward. Repeat with various directions: forward, backward, and to the side.

## SING ALONG / FINGER PLAY

### Unicorn of the Sea

#### I Am a Narwhal

Arms are straight above head like a horn and clap hands together 3x.  
Repeat 1x.

#### I like parties, I like waffles

Bring one hand down, then the other one down.

#### Because, because...

Sway side to side and then wiggle with arms in close.

#### It's Narwhal Song...

Put one right pointer finger on top of head, then add the left pointer finger. Grow your arms tall above your head.

#### Unicorn of the Sea...

Take one arm down and swim hand up and down, then switch.

#### Unicorn Jelly fish best of friends

One arm goes out right, other goes out left, hug self and sway.

### [Narwhal Unicorn of the Sea](#)

## DANCE GAME

### Arctic Freeze Dance

Freeze every time the music stops. Listen to the music and dance along to the movement words.

Penguin Waddle  
Seal Slides  
Polar Bear Swim

### [The Ice - Polar Animals](#)



## PRESCHOOL LESSON PLAN

WEEKS 1 & 3

### WARM-UP

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### DANCE CONCEPT EXPLORATION

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### CENTRE BARRE

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### TRAVELING ACTIVITY

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### CENTRE ALLEGRO

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### STORY DANCE

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### FREE DANCE

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### OBSTACLE COURSE

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### SING ALONG / FINGER PLAY

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### GOODBYE

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## PRESCHOOL LESSON PLAN

WEEKS 2 & 4

### WARM-UP

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### DANCE CONCEPT EXPLORATION

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### CENTRE BARRE

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### TRAVELING ACTIVITY

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### CENTRE ALLEGRO

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### STORY DANCE

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### FREE DANCE

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### MUSIC ACTIVITY

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### DANCE GAME

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### GOODBYE

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Little DANCER™ by OUB™



**FORWARD**

Little DANCER™ by OUB™



**BACKWARD**

Little DANCER™ by OUB™



**SIDE / RIGHT**

Little DANCER™ by OUB™



**SIDE / LEFT**

Little DANCER™ by OUB™



## PENGUIN WALKS

PRESCHOOL

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## REINDEER PICKED UP RUNS

PRESCHOOL

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## SNOW BUNNY HOPS

PRESCHOOL

Little DANCER™ by OUB™



## WHALE LEAPS

PRESCHOOL

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## POLAR BEAR CRAWLS

PRESCHOOL

Little DANCER™ by OUB™



## ARCTIC FOX PRANCES

PRESCHOOL

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## SNOW OWL FLYING RUNS EN DEMI POINTE

PRESCHOOL

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## SHOOTING STAR RUNS

PRESCHOOL

## EARLY ELEMENTARY DANCE ACTIVITIES

### AGES 5 TO 7 YEARS OLD

#### Warm-Up

##### Traveling in a Circle

Choose a different traveling step each month: runs en demi-pointé with arms going up and down from a low to high V, or sideways galops, prances, picked-up runs, pony trots, or skips with the hands on the hips.

##### Welcome to the Moors

##### Port de Bras (Standing)

Stand in 1st position with the arms down, in a large circle facing the center of the room.

Raise the arms to 1st position (1-2), sweep arms down through bras bas to demi seconde (3-4), repeat (5-8).

Bring the arms to 1st, 2nd, and lower to bras bas (1-8).

Repeat all (1-8, 1-8).

Kneel to a seated position with the legs stretched in front of you, feet flexed and arms in demi seconde with the fingertips lightly touching the floor.

##### Ballet Feet

Point the feet (1-3), flex the feet (4).

Repeat for a total of 8 repetitions.

*If your students need more help with shaping their feet, have them do the action slowly: pointé the feet (1-6), flex the feet (7-8).*

##### Roly Poly Hide and Seek

Begin sitting tall with the legs and feet stretched in front, arms in demi seconde with the arms helping to support straight lower backs. Grow taller and taller. (1-4)

Curl quickly into a ball, pulling the knees to the chest and wrapping the arms around the legs. (5) Hold. (6-8)

Repeat for a total of 4 sets.

##### Butterflies

Sit tall in a butterfly position, with the soles of the feet together and knees out to the sides. This position will help to open the hips for future turnout, but should not be forced. It will also build strength and flexibility in the back as students sit up tall.

Rock side to side "fly" through a beautiful butterfly garden (or anywhere else students suggest!). Rocking side to side helps to build strength in the sides and torso.

After rocking side to side for several 8 counts, have your students try to "smell their toes" to see if they're stinky. Sit up tall. Are they stinky? Let's smell them one more time. Sit up tall.

*Please note that bouncing is no longer an accepted method of stretching. Do not have students bounce their knees up and down.*

##### Port de Bras (Seated)

1st position (1-2), open the palms to a small 2nd position (between 1st and 2nd) (3-4).

Push through the arms and fingertips with the arms to the side (5-6), repeat arm pushes to the side (7-8).

Push through arms to the front (1-2), repeat to the side (3-4).

Push through the arms and fingertips with the arms to the side (5-6), repeat arm pushes to the side (7-8).

Lower the arms (1-2), raise them to 5th (3-4), open to 2nd (5-6), lower them (7-8).

##### Ladybug Center Stretch with Legs in Second

In a seated position, with the legs in a wide second, walk your fingers forward like little ladybugs to stretch. Knees should remain facing the ceiling the entire time.

##### Little Swims

Lay on your tummy, raise their arms and legs a couple of inches off the floor, and hold the position with their arms and legs stretched long. Do a "swimming" motion by alternating which arms and legs are higher and lower. Faces should be lifted just off the floor as well, but still facing the floor.

##### Mermaid Stretch

For a gentle back stretch, students should be able to lay on their tummies with their legs stretched straight on the floor behind them, and raise themselves up on their elbows. They should be able to turn their head from side to side while in this position.

##### Enchanted Suite

##### Reverence

##### Port de Bras

Begin standing in 1st position with the arms in bras bras.

Raise the right arm to a high V and lower. (1-4)

Raise the left arm to a high V and lower. (5-8)

Bring the arms to 1st (1-2), open to 2nd (3-4), lower. (5-8)

Raise the arms to 1st (1-2), to 5th (3-4), to 2nd (5-6), lower. (7-8)

##### Curtsy

Arms may be on the hips or in demi seconde.

Tendu front with the right leg front. (1-2)

Plié on the standing leg. (3-4)

Stretch the standing leg. (5-6)

Close to 1st. (7-8)

##### Welcome to the Moors

## DANCE CONCEPT EXPLORATION

### Arctic Direction

*Suggested Prop: Arctic Fox Direction Cards*

Ask your students if they can hop FORWARD. Lead them in hopping or stepping FORWARD.

Ask your students if they can hop BACKWARD. Lead them in hopping or stepping BACKWARD.

Ask your students if they can hop TO THE SIDE. Lead them in hopping or stepping TO THE SIDE.

It's important in dance that we understand direction because knowing which direction to move in can help us to not bump into each other. It can also help us look like a class dancing together!

It's important in dance that we understand direction because knowing which direction to move in can help us to not bump into each other. It can also help us look like a class dancing together! When we learn dances, that's called choreography. (You can ask your students if they can repeat the word, "Choreography".) Choreography is the steps in a dance. When we learn choreography or dances, we need to know what direction to do steps in.

#### Explore the Concept: Catch a Mouse!

In the winter, when the ground is covered with several feet of snow, Arctic foxes try to catch mice that are several feet under the snow. They have very good hearing and listen really closely.

How carefully can you listen? I'm going to pick a direction card and call out whether you need to jump forward (show jumping forward), backward (show jumping backward), or to the side (show jumping to the side) to catch the mouse. (Students may jump to either side at this level. Don't worry about right or left.)

Have each student stand on a floor marker mat. Pick an Arctic Fox Direction Card and call out whether they should hop (or step) forward, backward, or to the side to catch the mouse.

*Please note: Technically, Arctic foxes primarily hunt a small animal called a lemming. For the sake of simplicity for this age group, we've said mice. If you like, though, you may say lemming instead.*

## CENTRE BARRE

### Arctic Centre Barre

**Plié.** Sink down in the snow like a puffin.

**Rises.** Rise up like a narwhal with its horn rising out of the ocean.

**Twirls.** Turn around like a snowy owl turning his head all the way around.

**Tendu.** Slide your polar bear paw on the ice.

**Piqué.** Tap the floor like a seal flapping its fin on the ground.

**Sway.** Sway front and back like the northern lights through the sky.

**3rd Arabesque.** Watch the northern lights.

## TRAVELING ACTIVITIES

### Arctic Friends

**Use the Arctic Animal Movement Cards to travel across the room or in a large circle around the room.**

**Polar Bear Crawls.** Crawl like a polar bear.

**Penguin Walks.** Walk turned out with flat feet.

**Snow Owl Flying Runs.** Run en demi-pointe with arms moving up and down from a low to high V. For added difficulty, twirl at the middle and end.

**Snow Bunny Hops.** Hop across the snow. For added difficulty, hop in a hopscotch pattern: from two feet, to one foot, to two feet, to one foot.

**Arctic Fox Prances.** Prance like a fox on top of the deep snow.

**Whale Leaps.** Leap like a whale leaping out of the water.

**Reindeer Skips.** Skip like a reindeer through the snow.

**Turning Reindeer Skips.** For added difficulty, skip with half turns.

## Arctic Environments

### ON GLACIER CLIFFS

**Penguin Walks.** Walks with straight legs, pointed feet, and arms in a low V.

**Arctic Wolf Slide.** It's slippery on the glacier! Our arctic wolf is going to skate across!

### ON THE TUNDRA

**Crunching through Snow.** Marches and passé walks. March, stepping down on 1-2-3-4. Step (5), passé (6), step (7), passé (8).

**Snow Bunny Hops.** Place a spot marker or hula hoop at the end of the room as a "burrow". Students hop like a bunny to the marker or hoop. Once they reach the "burrow", they jump in and crouch low. Then pop out with a fireworks jump!

### ON THE BEACH

**Walrus Waltz.** This beach isn't sandy and warm, but arctic animals love it anyway! It's made of slippery rock and shallow, crystal blue water. Walruses like to play in the shallows and eat molluscs all day. Have students walk across the floor in a down-up-up pattern as a waltz preparation.

**Puffin Flight.** Runs on demi-pointe with the arms moving up and down from a high to low V like they are flying.

## CENTRE ALLEGRO

### Exploring the Arctic

**Seal Claps.** Sautés and échappes.

**Seal Hops.** Hop on one foot like a seal on one fin! Can you hold the working leg in passé as you hop?

**Walrus Hops.** Hops forward, backward, and side to side.

**Orca Turning Hops.** Hops with quarter or half turns.

**Blowhole Jumps.** (Fireworks jumps). Can you jump like water shooting out of a whale's blowhole as it comes up for air?

## STORY DANCE

### Ice Skating Fun

Students begin "side stage".

1-4 Wait  
(0:07)

5-8, 1-8 Skate across the floor with arms in demi seconde  
1-4 Run to your place, stand in 1st with hands on the hips  
(0:22)

1-4 Tendu front with the RIGHT foot and piqué 2x, close  
5-8 Tendu front with the LEFT foot and piqué 2x, close  
(0:30 seconds)

1-8 Sway RIGHT, sway LEFT, chassé RIGHT, step RIGHT

1-8 Sway LEFT, sway RIGHT, chassé LEFT 2x, step LEFT

1-4 Tendu front with the RIGHT foot and piqué 2x, close

5-8 Tendu front with the LEFT foot and piqué 2x, close

1-4 Tendu front with the RIGHT foot, turned out passé, close, hold

5-8 Tendu front with the LEFT foot and piqué 2x, turned out passé, close, hold

(1:00)

1-4 Plié, sauté, plié, stretch

5-8 Plié, sauté, plié, stretch

1-8 Sway RIGHT, sway LEFT, chassé RIGHT, step RIGHT

(1:08)

Turn to face stage RIGHT standing in parallel with the hands in demi seconde in the pause

(1:12)

1-8, 1-8 Prance in a large circle around the room with the arms

### Less Advanced

Continue to prance freely around the room until the music finishes.



**More Advanced**

*Note: The remainder of the dance is cued musically.*

(1:27)

1 Step into 3rd arabesque standing on the RIGHT leg, with the LEFT back leg in tendu back

(1:31)

Pivot to face front, standing in 1st position, arms bras bas

Step into 3rd arabesque standing on the LEFT leg, with the RIGHT back leg in tendu back

Pivot to face front, standing in 1st position, arms bras bas

Tendu the RIGHT leg front, arms lift to demi seconde

Plié on the standing leg to curtsy

Stretch, close and finish

*Note: If a turned out passé is too difficult for your students, you may repeat piqués.*

[In Summer](#) (instrumental)

**FREE DANCE****Northern Lights**

The Arctic sky is an incredible sight at night! Long, tall ribbons of light appear in the night sky, in dozens of bright colors! The lights shift and move, just like they're dancing! (If possible, teacher could show a picture or video of the Aurora to students.) Let's dance as if we were up there in the sky, dancing with the Northern Lights. Give each student two scarves in different colors and have them free dance.

**Follow the Snow Tracks**

Did you know animals leave behind their paw prints in the snow? Call out a description of an animal's paw prints and have students guess what the animal is and dance as that arctic animal might.

Examples:

- Penguins have 2 small footprints really close together.
- Polar bears have 4 deep footprints that are wider apart.
- Arctic foxes have 4 small footprints that aren't very deep because they are light.
- A snow owl has no footprints because it flies!

**MUSIC ACTIVITY****Ice and Echos****Ice Crystal Sounds**

Hear the icicles make a beautiful sound when they clink together and echo off the walls of the cave. Explore instruments with light notes, like bells, chimes, etc. to make an "ice crystal" sounds.

**Echoes in the Ice Caves**

We're in an ice cave, where the ceiling is super high and the walls are far apart. Listen to how our voices echo in the ice cavern!" Call out "ECHO ECHO echo echo echo echo echo." Have students practice echoing their names and other words that you choose.

**Make it Movement**

Start with each student standing on a floor marker mat. Say, "Forward!" and students echo you by repeating, "Forward!" and hopping forward. Repeat with various directions: forward, backward, and to the side. At this age, you can also say right and left.

**DANCE GAME****Arctic Freeze Dance**

Freeze every time the music stops. Listen to the music and dance along to the movement words.

Penguin Waddle  
Seal Slides  
Polar Bear Swim

**[The Ice - Polar Animals](#)**

## ELEMENTARY LESSON PLAN

WEEKS 1 & 3

### WARM-UP

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### DANCE CONCEPT EXPLORATION

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### CENTRE BARRE

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### TRAVELING ACTIVITY

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### CENTRE ALLEGRO

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### STORY DANCE

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### FREE DANCE

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### MUSIC ACTIVITY

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### GOODBYE

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## ELEMENTARY LESSON PLAN

WEEKS 2 & 4

### WARM-UP

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### DANCE CONCEPT EXPLORATION

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### CENTRE BARRE

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### TRAVELING ACTIVITY

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### CENTRE ALLEGRO

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### STORY DANCE

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### FREE DANCE

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### DANCE GAME

---

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### GOODBYE

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Little DANCER™ by OUB™



**FORWARD**

Little DANCER™ by OUB™



**BACKWARD**

Little DANCER™ by OUB™



**SIDE / RIGHT**

Little DANCER™ by OUB™



**SIDE / LEFT**

Little DANCER™ by OUB™



## PENGUIN WALKS

EARLY ELEMENTARY

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## REINDEER SKIPS

EARLY ELEMENTARY

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## SNOW BUNNY HOPS

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## WHALE LEAPS

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## POLAR BEAR CRAWLS

EARLY ELEMENTARY

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## ARCTIC FOX PRANCES

EARLY ELEMENTARY

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## SNOW OWL FLYING RUNS EN DEMI POINTE

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## REINDEER SKIPS WITH HALF TURNS

EARLY ELEMENTARY