

JOIN US UNDER THE BIG TOP! ENJOY THE

CIRCUS

Little **DANCER**[™] Curriculum

Part of *Once Upon a Ballet*[™]



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

Circus Balance

Can you stand on one foot? Can you stand on one foot for a really long time? This is called balancing!

We can be on balance. (Show standing on one foot, balancing.)

We can be off balance. (Show standing on one foot but wobbling and falling off balance.)

Explore the Concept

Use a balance beam or tape a line across the floor with painter's tape. This is our tightrope!

Have students walk across the tightrope. Can they stay on balance all the way across?

Place several bean bags or objects on the tightrope. Have students walk across, stepping over the objects. Can they balance all the way across?

Have students passé walk across the tightrope. Can they still stay on balance all the way across?

CENTRE BARRE

Circus Centre Barre

Pliés. All aboard the circus train! Do train arms as you plié.

Stand Tall. Come One, Come All! Rise like a showman welcoming guests.

Twirls. Do you see the ribbon dancers practising their twirls?

Passés. Step right up! Can you balance on the tightrope?

Sways. Here come the flying trapeze artists. Watch them swing! Sway side to side.



TRAVELING ACTIVITIES

At the Circus

Use the Circus Movement Cards for this activity.

Marches
Sways
Tightrope Walks
Silly Runs

Circus Performers

Stomping Elephants

Marches down the floor like stomping elephants with hands on hips.

Tightrope Walkers

Walks in a straight line with arms out to the side.

Leaping Lions

Run and leap across the floor like a lion.

CENTRE ALLEGRO

Circus Popcorn Allegro

Poppin' Popcorn. Little hops like popcorn.

Popcorn Explosion. (Fireworks jumps). There's too much popcorn! Our popcorn maker can't hold any more popcorn! It's going to burst!

FREE DANCE ACTIVITIES

Clowns

Dance like clowns. Give students scarves or ribbon streamers to "juggle". Have students make faces and dance silly like clowns. You can also have students act out different emotions as clowns, such as happy, sad, excited, mad, and surprised.

Remember, this is a very young age group. For emotions, you'll likely need to demonstrate or have the parents demonstrate and the students follow.

Circus Band Parade

It's time to put on a show!

Give students an instrument (for example, shakers). Have them dance "in the circus band" while playing that instrument while music is playing in the background. When the background music pauses, students bring their instruments back to you.

Give them another instrument (for example, bells). Have them dance while playing that instrument while music is playing in the background. When the background music pauses, students bring their instruments back to you.

Continue with several instruments. Please make sure the instruments you choose are appropriate for dancing with while moving through the room. For example, rhythm sticks are not suitable for this activity.

OBSTACLE COURSE

Circus Obstacle Course

Everyone gets a ticket as a way to take turns for the course. They have to hand the ticket over to begin the course.

Lions Jump Through Hoops. Step in hoops.

Circus Train. Weave through cones shuffling feet.

Walk the Tightrope. Sideways walks.

Acrobats! Log rolls or forward rolls on a mat.

Crawl like your favorite circus animal.

Run to the end with paper towel roll as your "trapeze bar".

Optional: Use a mini trampoline for your trapeze "landing".

MUSIC ACTIVITY

Circus Shakin'

Things are really shakin' at the circus!

Let's explore levels and directions with shakers! Give each student/parent duo a pair of shakers.

Explore starting and stopping shaking the shakers to reinforce listening skills and following directions.

Then explore levels and directions. Have your students shake their shakers up high, and stop, down low, and stop, to the side, and stop, other side, and stop. Also, explore shaking in front of our bodies, stop, to the back of our bodies, and stop. Repeat as many times as you like and in different orders.

SING ALONG / FINGER PLAY

The Circus Came to Town

- 1- (Small clown) make dots in air with index finger
- 2- (Trapeze artists) wave both fingers forward and back
- 3- (Poodles dancers) Hold up three and wiggle at once
- 4- (Zebras prancings) Bend and straighten 4 fingers
- 5- (Lions tamed) Claw with whole hand

Repeat as it gradually goes up each number and counts down.

DANCE GAME

Balancing Act

Sitting criss-cross in a large circle, following the words of the song, balancing a bean bag.

Beanbag Balance (Tots)



TODDLER LESSON PLAN

WEEKS 1 & 3

WARM-UP

DANCE CONCEPT EXPLORATION

CENTRE BARRE

TRAVELING ACTIVITY

CENTRE ALLEGRO

STORY DANCE

FREE DANCE

OBSTACLE COURSE

SING ALONG / FINGER PLAY

GOODBYE

TODDLER LESSON PLAN

WEEKS 2 & 4

WARM-UP

DANCE CONCEPT EXPLORATION

CENTRE BARRE

TRAVELING ACTIVITY

CENTRE ALLEGRO

STORY DANCE

FREE DANCE

MUSIC ACTIVITY

DANCE GAME

GOODBYE

Little DANCER™ by OUB™



STOMPING ELEPHANTS

TODDLERS

Little DANCER™ by OUB™



TIGHTROPE WALKS

TODDLERS

Little DANCER™ by OUB™



LEAPING LIONS

TODDLERS

Little DANCER™ by OUB™



MOUSE RUNS

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.

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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

Circus Balance

Can you stand on one foot? Can you stand on one foot for a really long time? This is called balancing!

We can be on balance. (Show standing on one foot, balancing.)

We can be off balance. (Show standing on one foot but wobbling and falling off balance.)

Explore the Concept

Use a balance beam or tape a line across the floor with painter's tape. This is our tightrope!

Have students walk across the tightrope. Can they stay on balance all the way across?

Place several bean bags or objects on the tightrope. Have students walk across, stepping over the objects. Can they balance all the way across?

Have students passé walk across the tightrope. Can they still stay on balance all the way across?

Now, have your students walk halfway across and then balance in passé for a moment. How well did they do?

Sometimes we fall off balance. And that's okay! As long as we get up and keep trying!

On and Off

Play a listening game with your students. When you say, "On!" they stand in passé and try to stay on balance. When you say, "Off!" they can come down, off balance.

CENTRE BARRE

Circus Centre Barre

Pliés. All aboard the circus train! Do train arms as you plié.

Rises. Come One, Come All! Rise like a showman welcoming guests.

Twirls. Do you see the ribbon dancers practising their twirls?

Tendus. The tightrope walker points her feet to walk the tightrope.

Passés. Step right up! Can you balance on the tightrope?

Sways. Here come the flying trapeze artists. Watch them swing! Sway side to side with chassé.

TRAVELING ACTIVITIES

At the Circus

Use the Circus Movement Cards for this activity.

Passé Walks
Marches
Sways
Tightrope Walks
Silly Picked Up Runs
Leaps
Hops
Claps and Galops

Circus Performers

- 1. Ring Leader Marches**
- 2. Acrobat Tightrope Walks** en demi-pointe up high on the tightrope. Walks down low under the tightrope.
- 3. Circus Pony Galops** to one side of the circus ring then back to the stable.
- 4. Circus Elephant Passé Walks** in a zig-zag pattern.
- 5. Circus Monkey Fun.** Sway and twirl across the floor like a circus monkey might.

Have students demonstrate turn-taking and execution by doing the traveling steps together across the floor then having them sit on the floor and one at a time going across the floor.



CENTRE ALLEGRO

Circus Popcorn Allegro

Poppin' Popcorn. Sautés and échappes.

Too Much Popcorn. Whoa! We've put too much popcorn in the popper! Hop from side to side, from one foot to the other.

Popcorn Explosion. (Fireworks jumps). Our popcorn maker can't hold any more popcorn! It's going to burst!

STORY DANCE

Peanuts, Popcorn, and Cotton Candy

Peanuts - popcorn - and cotton candy

Plié - hop - tendu RIGHT and LEFT

Oh my! What a tasty delight!

Twirl to the RIGHT

Peanuts - popcorn - and cotton candy

Plié - hop - tendu RIGHT and LEFT

Are the makings of a party, if the company's right

Twirl to the LEFT

Chew, chew the peanuts

2 demi pliés

Munch the popcorn

Little hops up and down like popcorn

Bite into a cloud of cotton candy

Twirl to the RIGHT

Two, two's the pleasure

2 demi pliés

Measure for measure

Little hops up and down like popcorn

Measure the pleasure if you have some handy

Twirl to the LEFT

Peanuts - popcorn - and cotton candy

Plié - hop - tendu RIGHT and LEFT

Just right, when you're having fun

Twirl to the RIGHT

Sitting at the circus

Plié

Or even standing

Rise

Nothing could be better when you eat on the run

Twirl to the LEFT

[Peanuts, Popcorn, and Cotton Candy](#)

FREE DANCE ACTIVITIES

Clowns

Dance like clowns. Give students scarves or ribbon streamers to "juggle". Have students make faces and dance silly like clowns. You can also have students act out different emotions as clowns, such as happy, sad, excited, mad, and surprised.

For this age group, you may need to demonstrate emotions and have students follow along.

Circus Band Parade

It's time to put on a show!

Give students an instrument (for example, shakers). Have them dance "in the circus band" while playing that instrument while music is playing in the background. When the background music pauses, students bring their instruments back to you.

Give them another instrument (for example, bells). Have them dance while playing that instrument while music is playing in the background. When the background music pauses, students bring their instruments back to you.

Continue with several instruments. Please make sure the instruments you choose are appropriate for dancing with while moving through the room. For example, rhythm sticks are not suitable for this activity.

OBSTACLE COURSE

Circus Obstacle Course

Everyone gets a ticket as a way to take turns for the course. They have to hand the ticket over to begin the course.

Lions Jump Through Hoops. Hop into hoops.

Circus Train. Weave through cones shuffling feet.

Walk the Tightrope. Sideways walks.

Acrobats! Log rolls or forward rolls on a mat.

Crawl like your favorite circus animal.

Run to the end with paper towel roll as your "trapeze bar".

Optional: Use a mini trampoline for your trapeze "landing".

MUSIC ACTIVITY

Circus Shakin'

Things are really shakin' at the circus!

Let's explore levels and directions with shakers! Give each student/parent duo a pair of shakers.

Explore starting and stopping by shaking the shakers to reinforce listening skills and following directions.

Then explore levels and directions. Have your students shake their shakers up high, and stop, down low, and stop, to the side, and stop, other side, and stop. Also, explore shaking in front of our bodies, stop, to the back of our bodies, and stop. Repeat as many times as you like and in different orders.

Added Difficulty

Repeat the activity, eliminating the stops between different direction instructions. You can also speed it up!

SING ALONG / FINGER PLAY

The Circus Came to Town

- 1- (Small clown) make dots in air with index finger
- 2- (Trapeze artists) wave both fingers forward and back
- 3- (Poodles dancers) Hold up three and wiggle at once
- 4- (Zebras prancings) Bend and straighten 4 fingers
- 5- (Lions tamed) Claw with whole hand

Repeat as it gradually goes up each number and counts down.

DANCE GAME

Balancing Act

Follow the words of the song, balancing a bean bag.

[Bean Bag Balance \(Preschoolers\)](#)



PRESCHOOL LESSON PLAN

WEEKS 1 & 3

WARM-UP

DANCE CONCEPT EXPLORATION

CENTRE BARRE

TRAVELING ACTIVITY

CENTRE ALLEGRO

STORY DANCE

FREE DANCE

OBSTACLE COURSE

SING ALONG / FINGER PLAY

GOODBYE

PRESCHOOL LESSON PLAN

WEEKS 2 & 4

WARM-UP

DANCE CONCEPT EXPLORATION

CENTRE BARRE

TRAVELING ACTIVITY

CENTRE ALLEGRO

STORY DANCE

FREE DANCE

MUSIC ACTIVITY

DANCE GAME

GOODBYE

Little **DANCER**™ by **OUB**™



MARCHES

PRESCHOOL

Little **DANCER**™ by **OUB**™



TIGHTROPE WALKS

PRESCHOOL

Little **DANCER**™ by **OUB**™



LEAPS

PRESCHOOL

Little **DANCER**™ by **OUB**™



PICKED UP RUNS

PRESCHOOL

Little DANCER™ by OUB™



HOPS

PRESCHOOL

Little DANCER™ by OUB™



CLAPS AND GALOPS

PRESCHOOL

Little DANCER™ by OUB™



SWAYS

PRESCHOOL

Little DANCER™ by OUB™



PASSÉ WALKS

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

Circus Balance

Can you stand on one foot? Can you stand on one foot for a really long time? This is called balancing!

We can be on balance. (Show standing on one foot, balancing.)

We can be off balance. (Show standing on one foot but wobbling and falling off balance.)

Explore the Concept

Use a balance beam or tape a line across the floor with painter's tape. This is our tightrope!

Have students walk across the tightrope. Can they stay on balance all the way across?

Place several bean bags or objects on the tightrope. Have students walk across, stepping over the objects. Can they balance all the way across?

Have students passé walk across the tightrope. Can they still stay on balance all the way across?

Now, have your students walk halfway across and then balance in passé for a moment. How well did they do?

Can your students do more difficult steps like demi-pointe walks, hops, or prances?

Sometimes we fall off balance. And that's okay! As long as we get up and keep trying!

On and Off

Play a listening game with your students. When you say, "On!" they stand in passé and try to stay on balance. When you say, "Off!" they can come down, off balance.

Balancing Contest

Have students see who can balance the longest while standing in passé.

Note: The concept of balance also includes being off balance in the way that you can be off balance on purpose, like in sways for example. At this age, if you think your students are ready, you can also introduce this aspect of the concept.

CENTRE BARRE

Circus Centre Barre

Pliés. The show's about to begin! Let's take our seats.

Rises. Come One, Come All! Rise like a showman welcoming guests.

Twirls. Do you see the ribbon dancers practising their twirls?

Tendus and Piqués. The tightrope walker points her feet to walk the tightrope.

Passés. Step right up! Can you balance on the tightrope?

Sways. Here come the flying trapeze artists. Watch them swing! Sway side to side with chassé.

3rd Arabesque. Have students do 3rd arabesque facing each other. Reach for each other like a flying trapeze artist!

TRAVELING ACTIVITIES

At the Circus

Use the Circus Movement Cards for this activity.

Passé Walks en Demi-Pointe
Marches
Sways and Twirls
Tightrope Walks
Silly Skips
Leaps
Hops
Claps and Galops

Circus Performers

Tightrope Walks

Traveling in a straight path with stretched legs and pointed feet. Then passé walks or passé walks en demi-pointe. Hold the arms out in 2nd position or a low V.

Marching Elephants

Marches across the floor.

Prancing Ponies

Prances across the floor. Finally, pony trots across the floor.

Leaping Lions

Run and leap across the floor.

Skiping Clowns

Skip across the floor. Can you make a funny face while you skip?

CENTRE ALLEGRO

Circus Popcorn Allegro

Poppin' Popcorn. Sautés and échappés.

Too Much Popcorn. Whoa! We've put too much popcorn in the popper! Hop from side to side, from one foot to the other. Can you keep your working leg in passé?

Twirling Popcorn. Some of the popcorn is spinning as it pops! Hops with quarter or half turns.

Popcorn Explosion. (Fireworks jumps). Our popcorn maker can't hold any more popcorn! It's going to burst!

Popcorn Points. Can you point to all the popcorn on the floor with spring points?



STORY DANCE

Tightrope Dance

1-8 Sway RIGHT, LEFT, RIGHT, LEFT

1-4 Runs en demi-pointe toward stage RIGHT with the arms in demi seconde

5-8 Step into 3rd arabesque standing on the RIGHT leg, LEFT leg tendu back, pivot to stand in 1st with the arms in bras bas

1-8 Sway LEFT, RIGHT, LEFT, RIGHT

1-4 Runs en demi-pointe toward stage LEFT with the arms in demi seconde

5-8 Step into 3rd arabesque standing on the LEFT leg, RIGHT leg tendu back, pivot to stand in 1st with the hands on the hips (0:35)

1-4 Passé walk RIGHT, LEFT toward stage RIGHT

5-8 Passé walk en demi-pointe RIGHT, LEFT, RIGHT, together around yourself in a circle to the right, ending in parallel facing front

1-8 Repeat the previous 8 counts to the LEFT (0:47)

1-4 Skip toward stage stepping RIGHT, LEFT, RIGHT, LEFT

5 Hop down into a parallel plié facing stage RIGHT

6 Hold

7 Half turn jump to face stage LEFT

8 Stretch

1-8 Repeat skips and hop to the LEFT

1-8 Repeat skips and hop to the RIGHT

1-8 Repeat skips and hop to the LEFT

1-4 Run to your place

(1:19)

1-8 Two twirls to the RIGHT, spotting front

1-8 Two twirls to the RIGHT, two twirls to the LEFT, spotting front each time

1-8 Change to 1st position with arms in demi seconde (1-2), pointe tendu RIGHT front (3-4), plié the standing leg for a curtsy (5), stretch (6), close (7), hold (8)

Let's Go Fly a Kite

FREE DANCE ACTIVITIES

Clowns

Dance like clowns. Give students scarves or ribbon streamers to "juggle". Have students make faces and dance silly like clowns. You can also have students act out different emotions as clowns, such as happy, sad, excited, mad, and surprised.

Circus Band Parade

It's time to put on a show!

Give students an instrument (for example, shakers). Have them dance "in the circus band" while playing that instrument while music is playing in the background. When the background music pauses, students bring their instruments back to you.

Give them another instrument (for example, bells). Have them dance while playing that instrument while music is playing in the background. When the background music pauses, students bring their instruments back to you.

Continue with several instruments. Please make sure the instruments you choose are appropriate for dancing with while moving through the room. For example, rhythm sticks are not suitable for this activity.

MUSIC ACTIVITY

Circus Shakin'

Things are really shakin' at the circus!

Let's explore levels and directions with shakers! Give each student/parent duo a pair of shakers.

Explore starting and stopping by shaking the shakers to reinforce listening skills and following directions.

Then explore levels and directions. Have your students shake their shakers up high, and stop, down low, and stop, to the side, and stop, other side, and stop. Also, explore shaking in front of our bodies, stop, to the back of our bodies, and stop. Repeat as many times as you like and in different orders.

Added Difficulty

Repeat the activity, eliminating the stops between different direction instructions. You can also speed it up!

For the Early Elementary Level, you can also call out right and left.

DANCE GAME

Follow the Ringmaster

Play Follow the Ringmaster just like you would play Follow the Leader. Lead students around the room or down a path, calling out steps or circus characters for them to imitate. Let each student be the leader.



ELEMENTARY LESSON PLAN

WEEKS 1 & 3

WARM-UP

DANCE CONCEPT EXPLORATION

CENTRE BARRE

TRAVELING ACTIVITY

CENTRE ALLEGRO

STORY DANCE

FREE DANCE

MUSIC ACTIVITY

GOODBYE

ELEMENTARY LESSON PLAN

WEEKS 2 & 4

WARM-UP

DANCE CONCEPT EXPLORATION

CENTRE BARRE

TRAVELING ACTIVITY

CENTRE ALLEGRO

STORY DANCE

FREE DANCE

DANCE GAME

GOODBYE

Little **DANCER**™ by OUB™



MARCHES

EARLY ELEMENTARY

Little **DANCER**™ by OUB™



TIGHTROPE WALKS

EARLY ELEMENTARY

Little **DANCER**™ by OUB™



LEAPS

EARLY ELEMENTARY

Little **DANCER**™ by OUB™



SKIPS

EARLY ELEMENTARY

Little DANCER™ by OUB™



HOPS

EARLY ELEMENTARY

Little DANCER™ by OUB™



CLAPS AND GALOPS

EARLY ELEMENTARY

Little DANCER™ by OUB™



SWAYS AND TWIRLS

EARLY ELEMENTARY

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PASSÉ WALKS EN DEMI POINTE

EARLY ELEMENTARY