



Winter Class Plan #1 Toy Shop Dance

Developed by Birdy's Kids in Motion™

YOUTUBE LINK TO VIDEO: <https://youtu.be/tG1qVwfzggc>

Suggested Music: "Parade of the Wooden Soldiers"

<https://www.youtube.com/watch?v=WksXmExYJog>

Start facing forward

Hands on hips, bend knees, side to side

Elbows out straight, lower arms up in the air straight, bend at hips to side

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Hands on hips, bend knees, side to side

Elbows out straight, lower arms up in the air straight, bend at hips to front

Roll arms

Jump out with arms to sides and feet apart

Bring arms together and make them into pillow and rest head on pillow

Stretch and yawn

Bring arms together over head with a clap

Roll arms

Jump out with arms to sides and feet apart

Feet and arms straight in front

Turn bellies all same way and do CHOO CHOO TRAIN

Wave to parents and back it up to the station

Turn forward and grab hands to make a circle for SASHAYS

Turn complete circle

Face forward and march with hands and legs stiff

Turn to the side and walk stiff legged and stiff armed (TOY SOLDIERS)

Back up with heels down and toes up in small steps

Arms are at sides pointing up and waving

Repeat to the other side

Face forward and clap hands to sides

One hand on hip and the other in a salute at forehead – march in circle

Clap hands to side when you reach the front and change direction

Face forward and jump arms in and out

Roll arms, Jump out with arms to sides and feet apart; Repeat

Motion with right arm to come; Motion with left arm to come; Repeat

Face forward and march in place, swinging arms and legs stiffly forward

Arms to sides and pointing up then bending over to the ground

Lie down on tummy

Face forward with hands under chin and feet waving in the air behind

One hand on floor, the other waving to the audience

Go to sleep

Preschool Foundations Referenced:

Perceptual-Motor Skill and Movement Concepts

1.0 Body Awareness

2.0 Spatial Awareness

Fundamental Movement Skills

1.0 Balance

2.0 Locomotor Skills

Dance

1.0 Notice, Respond, Engage

2.0 Develop Skills in Dance

3.0 Create, Invent, and Express Through Dance