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# Lesson Guide

Theme #28

“Going To School”



## **CLASS STRUCTURE:**

Age Group #1

(2 – 4 years)  
Duration: 30 minutes

1. Warm Up (5 minutes)
2. Technique 1 (5 minutes)
3. Song & Dance (5 minutes)
4. Jazz (5 minutes)
5. Improvisation (5 minutes)
6. Surprise (5 minutes)

# **CLASS STRUCTURE:**

Age Group #2

(4 – 6 years)

Duration: 60 minutes

1. Warm Up (5 minutes)
2. Technique 1 (5 minutes)
3. Technique 2 (5 minutes)
4. Song & Dance (5 minutes)
5. Technique 3 (5 minutes)
6. Story Time (5 minutes)
7. Quiet Time / Water Break (5 minutes)
8. Jazz (5 minutes)
9. Play (5 minutes)
10. Drama & Mime (5 minutes)
11. Improvisation (5 minutes)
12. Surprise (5 minutes)

Theme #28

# “Going To School”

## 1. Warm Up

MUSIC: The Wheels On The Bus

ACTIVITY: Running On Demi Pointe

Commence in an anti-clockwise circle, feet parallel  
1<sup>st</sup> position, arms bent at sides with fingers forward  
(ready for wheel action)

16 counts introduction.

Counts 1 – 16: Run in circle on demi pointe, using  
arms and hands as bus wheels at sides of body  
while running.

PAUSE 8 counts, feet parallel 1st

Counts 1 – 16: Run in circle on demi pointe, using  
arms and hands as bus windscreen wipers in front  
of body.

PAUSE 8 counts, feet parallel 1st

Counts 1 – 16: Run in circle on demi pointe, using one hand to ring the bell on the bus.

PAUSE 8 counts, feet parallel 1st

Counts 1 – 16: Run in circle on demi pointe, using **two hands as for “chatting” motion**

PAUSE 8 counts, feet parallel 1st

Counts 1 – 16: Run in circle on demi pointe, using **two hands as for “crying” motion**

SUGGESTED VARIATIONS: This may be performed in a circle in either direction, in lines from the back to front of the room with each line assigned one verse, or anywhere in the room as described (no set pattern).

## 2. Technique 1

MUSIC: The Alphabet Song

ACTIVITY: Marches

Introduction 16 counts.

Commence right leg degage devant, arms in opposition

Counts 1 – 8: 7 marches commencing right and hold count 8

Counts 1 – 8: Repeat commencing left leg

Counts 1 – 4: 3 marches commencing right and hold count 4

Counts 5 – 8: 3 marches commencing left and hold count 8

Counts 1 – 4: 3 marches commencing right and hold count 4

Counts 5 – 8: 3 marches commencing left and hold count 8

Counts 1 – 8: Free spin to right, arms extended to sides palms down.

Counts 1 – 8: Free spin to left, arms extended to sides palms down.

Counts 9 – 12: Rest.

Repeat all.

SUGGESTED VARIATIONS: Students may use props held in each hand for this exercise; pom poms, streamers or scarves all work very well.

### 3. Technique 2

MUSIC: Shake My Sillies Out

ACTIVITY: Shakes & Jumps

Commence with feet in parallel 1<sup>st</sup> position, arms relaxed by sides

Introduction: 4 counts

Counts 1 – 4: 4 bends shaking right hand

Counts 5 – 8: 4 bends shaking left hand

Counts 1 – 4: 4 bends shaking both hands

Counts 5 – 8: Wiggle shoulders while bending forward at waist

Counts 1 – 8: Rest

Counts 1 – 4: 4 jumps in parallel 1<sup>st</sup> to right side

Counts 5 – 8: 4 jumps in parallel 1<sup>st</sup> to left side

Counts 1 – 4: 4 jumps in parallel 1<sup>st</sup> alternating sides (R/L/R/L)

Counts 5 – 8: Wiggle shoulders while bending forward at waist

SUGGESTED VARIATIONS: This may all be performed on the spot (without jumping right and left) for younger students.

## 4. Song & Dance

MUSIC: Ring-a-Ring-A Roses

ACTIVITY: Teach the lyrics and actions

LYRICS:

Ring-a-**ring o' roses**,  
A pocket full of posies,  
A-tishoo, a-tishoo!  
We all fall down.

Ring-a-**ring o' roses**,  
A pocket full of posies,  
A-tishoo, a-tishoo!  
We all fall down.

ACTIONS:

Students form a circle and hold hands. The song is sung as the students move around in the circle.

**On the last line (“We all fall down”)** students let go of hands and fall gently to the floor.

## 5. Technique 3

MUSIC: School Days

ACTIVITY: Sways and Side Galops

Commence feet in 1<sup>st</sup> position, hands on waist

Introduction: 6 counts

Counts 1 – 8: 8 sways commencing to right through a demi plie in 2<sup>nd</sup> position with each sway

Counts 1 – 4: 4 galops to right side

Counts 5 – 8: Free spin to right

Counts 1 – 16: Repeat all commencing left.

End of song: Free mime about going to school!

SUGGESTED VARIATIONS: Some fun props to use for this exercise are books, pencils and erasers placed in front of the students for the end mime.

## 6. Story Time

Book Suggestions:

- Muddy Paws Goes To School
- I Am Absolutely Too Small For School
- Froggy Goes To School
- Do I Have To Go To School?

## 7.Quiet time (5 minutes)



## 8. Jazz

MUSIC: High School Musical

ACTIVITY: Step Ball Change

Commence upstage left travelling on the diagonal in pairs or one at a time toward downstage right. Right foot degage devant to begin with arms in 2<sup>nd</sup> arabesque (opposition to working leg).

One galop and one step forward repeated on alternate sides until reaching the downstage corner of the room. Arms move in opposition to the feet.

SUGGESTED VARIATIONS: You may substitute the step ball change with simple forward galops on the same leg for more junior age groups.

## 9. Play

### ACTIVITY: Alphabet Kaboom!

#### Materials Needed:

popsicle sticks/craft sticks (I got these colorful ones at the dollar store)  
fine point permanent marker  
container to hold the popsicle sticks (small bucket, cup, empty Parmesan cheese bottle, etc.)

#### Set Up:

Write each of the 26 letters of the alphabet on a different popsicle stick. **Write the word “Kaboom!” on 6 additional popsicle sticks.** Put all the popsicle sticks in a container, with the letters pointing down **into the bucket so you can’t see them.**

#### How to Play:

Players take turns picking a popsicle stick out of the bucket and reading the letter on it. (Sometimes **we’ll also add in the challenge of** saying the sound the letter makes or a word that starts with the letter.) Each player collects as many popsicle sticks as possible before drawing a “Kaboom!” stick. **If a player draws a “Kaboom!” stick, he or she returns all his/her sticks to the bucket.**

The winner is the player with the most sticks when time runs out (you can set a timer for as long or short as you want).

## 10. Drama & Mime

## ACTIVITY: School Excursion

Where do the students take an excursion to?  
(Take some ideas from your class)

What do they do when they arrive?

What is something exciting that happens on  
their excursion?

How do they get home?

## SUGGESTED VARIATIONS:

- The school bus broke down!
- School Sports Day
- My Favourite Subject

## 11. Improvisation “**School Lunch Time**”

MUSIC: Apple and Bananas

ACTIVITY: Own interpretation – guide students through some actions and movements if needed.

SUGGESTED VARIATIONS:

- School Bus Song
- **Let's Paint and Draw**
- The Homework Song
- My Dog Ate My Homework

## 12. Dance. Play. Grow. Surprise

Suggested items:

- Pencils
- Erasers
- Notebooks
- Mini graduation mortar board