

Day 15 – Imagination and Quality

Target Audience: 3-5 (Pre-K)

Space: gym or classroom

Length of Time: 25 minutes

Materials: drum and stick, CD player, see music and prop list below

<u>Introduction to the Space</u>	<u>Duration</u>	<u>Music</u>
Down By the Station	3 minutes	Songs for Dancing #1

<u>Warm Up</u>	<u>Duration</u>	<u>Music</u>
Stretch, Bend, Twist, Circle, Swing	4 minutes	AlphaBeat #3-#6

“Do Your Own Dance” 3 minutes Songs for Dancing #9

<u>Concept Intro</u>	<u>Duration</u>	<u>Music</u>	<u>Other</u>
Qualities	8 minutes	AlphaBeat #11	visual supports

“S” – smooth, sharp, shaky, swinging

Imaginary Journey

Reflection: Where did we go? What did we do when we were there?

Add one more “S” word.

St = still, stopped, stuck (when we were in ‘sticky glue.’)

<u>Review Options</u>	<u>Duration</u>	<u>Music</u>
	5 - 8 minutes	

Choose from:

Drumtalk

Body Shape Jam

Others by request

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
Resting/Closure	3 minutes	Songs for Dancing #20