

Winter Wonderland

Beginning:

Falling Snow - When the kids enter the room, send them to their tape spots or dots or stickers (whichever place markers you have on the floor). You will ask the students the following questions and have them do the motions after

1. "Who can show me how snow falls? Does it fall Heavy & Hard or Soft & Light? When I turn on the music, I want to see lots of dancers like falling snow." (Turn on music and prompt the kids on what type of falling snow that they are. Give them specific directions.)
2. "What else happens when there is snow? Is it warm or is it cold? What happens with water when it gets really really cold? It turns to ICE and it FREEZES! When I turn on the music, walk around really lightly on your toes (releve) like a very light snowflake. When the music stops, FREEZE in an interesting shape. Every snowflake is unique and different just like you. Try to make your shape as UNIQUE as possible"

Barre Work:

First through Third Position - Demi Plie - bending of the knees halfway. Demi means "half" (making a snowman with your body)

Tendu - stretched, to point (kicking snow)

Degage - pointing and lifting of the feet in an open position (kicking snow up in the air)

Rond de Jambe - circular movement of the leg through first position (drawing shapes in snow)

Passe - foot passes to the knee (hanging icicles)

Center Work:

For this activity, you will need the laminated SNOWFLAKES

Spread the laminated snowflakes around the room. The students will perform "across the floor motions" while the music is playing and avoiding the snowflakes. Use Pony Trot, Chasse, Releve, Chaines, Bourre & Skipping. When the music is stopped, the students will go to the snowflake that is closest to them. There will be a picture of the term that they need to do on the back of the snowflake. Assist the students in copying the image on the snowflake before starting the music again.

Ending Activity:

Paper Plate Ice Skating!

Each child receives 2 paper plates to be their ice skates. They get to skate around the room on their skates pretending to be ice skaters. Let the children know that ice skating is the same as dancing on the ice.