

**Objective:** Incorporate additional storylines and pretend play into the basic Leap 'N Learn warm-up strengthening and stretching exercises.

**Age:** 3 through 6 with variations in complexity

**Music:** Tracks #2 and 3 on *KIDS!* or *KIDS! 2*

## Exercise 1 — Going to the Beach

### 1. Snuggle and Stretch

- Yawn while stretching out arms, snuggle in tightly to take a nap before going to the beach.
- Stretch out, roll back and down to lay in the sand.
- Lift head and shoulders while turning to the side to build a sand castle on that side. Repeat on the other side.
- See a kite overhead and grab onto the string. Let the kite pull you up to sitting.
- Hold the kite overhead and let the kite sway you to the right and left.
- Let the kite go, watch it fly away, and wave bye to the kite.
- See a Frisbee and reach out to catch it up high on one side. Then catch another Frisbee up high on the other side. Throw the Frisbees.
  - Variation: Catch a Frisbee on one side and then throw it; repeat on the other side.
- Pull legs into tabletop to eat a snack. Pretend to eat a snack. Lower legs down.

### 2. Foot and Ankle Stretches — Flex and Point

- Sitting tall with legs stretched out front, pretend to push toes down into the sand (1, 2, 3), quickly flip sand off (4).
  - Variation: Push toes into sand (1), pull out of sand (1, 2, 3).
- Sitting tall with legs stretched out front, reach forward with arms and body pretending to push waves away. Push waves away (1, 2, 3), sit tall (4), push away (1, 2, 3), sit tall (4). Ask dancers to reach as far forward as they can on the push away. Remind them to keep their knees stretched.
- React as you pretend to let a big wave come toward you and splash all over.
- Reach overhead and clap & clap.
- Repeat 3 times.

## Exercise 2 — Playing in the Snow

### 1. Snuggle and Stretch

- It's very cold outside today; let's put on our jackets. Stretch each arm into your jacket.
- Brrr.... Let's snuggle into a very small shape to get warm. Then open up very big and look at all the snow around us!
- Let's stretch out and roll all the way down on our back to lay in the snow. Bring your arms out to the side so we can make five snow angels. Help me count...
- Now let's roll up a little (lifting head and shoulders off the ground) and gather snow from one side of us to make a snowball. Let's put it on our tummy. Now let's go to the other side of our body; gather more snow and place it on our tummy.
- Now let's roll up a big snowball as we come to sit up straight.
- Let's lift the snowball high into the air and let it go.
  - Variation: Laying down, pretend to roll up a snowball on each side and stack them on our tummy. While on backs, bring arms to first position and lift the top snowball off our tummy. Bringing arms to fifth position, pretend to throw the snowball as far as possible. Repeat with the second snowball. Sitting up tall, pretend to reach and catch each snowball.
- Let's reach up high into the sky and let our fingers wiggle down as we pretend to be the snow and watch it falling from the sky.
- Bringing arms to fifth position, we see the snowstorm coming, and the wind starts to blow. Let it blow us gently from side to side.
- All this play in the snow, makes us cold and hungry. Pull legs into a tabletop and let's pretend to eat soup to warm up. Lower legs down.
- Pull into a small shape to warm up in our jackets again.

### 2. Foot and Ankle Stretches — Flex and Point

- Sitting tall with legs stretched out front, pretend to push toes down into the soft snow (1, 2, 3), quickly flip snow off (4).
  - Variation: Push toes into snow (1), pull out of snow (1, 2, 3).
- Sitting tall with legs stretched out front, reach forward with arms and body pretending to push off all the snow that has fallen on our legs. Push snow away (1, 2, 3), sit tall (4), push away (1, 2, 3), sit tall (4). Ask dancers to reach as far forward as they can on the push away. Remind them to keep their knees stretched.

## Exercise 2 — Playing in the Snow

### 1. Snuggle and Stretch

- Let's pretend to be a long caterpillar. Roll flat onto our backs with arms stretched overhead and legs stretched out.
- Let's use our caterpillar legs to crawl up; start from our fingers and gently roll up to sitting.
- Let's form a cocoon so we can turn into a butterfly. Squeeze tightly and tuck into a tiny shape. Our cocoon must be very still and wait...
- Our cocoon is ready. Slowly open up to see our transformation into a magnificent butterfly. Stretch arms out wide to admire our new wings.
- Let's flap our wings. Can each of you tell me the colors of your wings? Gently raise arms up and down as each child tells their color.
  - Variation: When opening from cocoon shape, legs may stretch out to straddle instead of in front. Arms would extend with hands on top of knees. Open and close legs with hands on knees to flap wings instead of raising arms up and down.
- With legs either in straddle or stretch out together in front, let's fly to one side twisting body that direction and flapping our wings (arms). Now let's fly to the other side and flap our wings.
- Leaning back and bringing legs to tabletop and arms to demi-seconde, let's show off our beautiful butterfly legs. Let's stretch one butterfly leg out and then the other. Sort of like riding a bicycle.
- Let's fly up into the sky and make rainbows. Let's sit up very tall and use our legs and arms as our wings to fly up into the sky. With hands on knees, open legs to fly high. And close, keeping hands on knees. Open; fly high and close. Repeat one more time and with legs opened in straddle, reach arms from one foot to the other creating rainbows. Continue reaching arms back and forth creating rainbows.

### 2. Foot and Ankle Stretches — Flex and Point

- Sitting tall with legs stretched out front, pretend we have a huge flower in the middle of our circle. Let's land on the tip of toes onto the beautiful flower (1, 2) and reach with our heels (3, 4). Continue flexing and pointing four times.
- Sitting tall with legs stretched out front, let's make our arms into the same shapes as the flower petals. Bring arms to various arm positions, allowing children to create their own shapes, as well as to practice basic ballet arm positions.

- Repeat flex and point.
- Repeat flower petal port de bras.