



Kindertots - Under the Sea

Music	SECTION/SKILL	TEACHING NOTES	PROPS	OLD/NEW COMBO
"Come On Out Tiny Turtles"	Stretch Lying starfish pose	Pretend to be turtles - start as a tucked turtle, stretch up head, stretch out arms...roll over and tuck into ball... *see optional stretching story	Turtle	Rocking side to side
"The Animals in the Ocean" Kiboomers	Body Isolations Isolate body parts	Follow lyrics		little bounces/ knee bends
Body Action/Rhythm Activities				
"Row Row, Row Your Boat"	- Butterfly sit/tilt side to side - Push and pull	Done sitting down – do actions to follow lyrics (butterfly sit/tilt side to side, pretend to row boat (push and pull))		
"Jellyfish Jam" sponge bob		Use wand to explore movements following rhythm	Ribbon Wands	
Motor Skills				
"Crab Walks"	upright crab walks	squat low and side step with "pincers" out	Bean bags Poly spots crab	
Dance (choose one)				
"Once I Caught a Fish Alive" Super Simple Songs	- Plie/knee bends - Jump in and out	General choreography ideas/follow along - plies or knee bends on 1,2, 3 - caught a fish....., arms circle for "...let it go", shrug shoulders for "why did you let it go.." jump jack for 1, 2, 3, repeat		

“Fish Friends” Press Play Picture house -		Use lyrics of song to guide students to join with a friend to “swim” in pairs (or more depending on ages)		
“Little Fish” -	- port de bras	Arms raise first to fifth, circle through second, to “swim, swim...” pretend to swim to top, then bend from waist to sweep arms to floor “way down low ...”		
Imagery/Creative Movement				
“Little Fishy Wishy” Mr. Yipadee or “Slippery Fish”		Free movement Follow Story Lines , have one student stand up at a time, then two little fish... and explore “swimming strokes” each time	Scarves	
Physical Development Skills (Mat)				
“By the Sea” “Down by the Sea”	A. seal stands B. crab puffs C. Salute D. Parachute	A. from belly, push up to straighten arms B. crab walk position, lift and drop torso C. Feet together arms overhead D Work together to make waves (big/little)	Mat, beanbags	
Movement Challenge				
Obstacle Course:				

General Teaching: Conduct the class in a follow the leader format with instruction in three of the lesson plan areas as determined by the teacher

- Be prepared to “go with the flow” sometimes the actions of your tots will drive your lesson rather than you plans, look for “teachable moments:
 - Toddlers move as a group – if one falls down to be silly they will all fall down to be silly, make that part of the lesson “can we stand/fall do it big/small
- Incorporate rich language and engage the children in language
- Repetition and routine is important
- Pick 2 to 3 physical development skills per month

Academic Integration: Refer to shapes, numbers colors throughout

Yoga Integrations - in place of or addition to Dance:

- **Boat pose** - “row row row your boat” or for more advanced “surfer Mama” (yoga version and instrumental both in drive)
- **Pancake pose, Mountain pose** - “My Favorite Day” follow guided yoga stretch (yoga track and instrumental in drive)
- **Starfish pose** - “Great Big Starry Sky (yoga track and instrumental in drive) change story to starfish on the beach

Optional Stretching Stories -

Boats - sitting in a butterfly, we turn our butterflies into boats by rocking side to side. We pretend the middle of the circle is the ocean and we are rocking our boats on the waves. Everyone gets a turn to name a sea animal they see in our ocean! Then all together at the end, we bend forward to beep the horns (their feet) on our boat with our noses so we don’t hit the sea animals and we yell, “get out the way, please!”

Mermaids - Lay on our stomachs. Rest forehead on hands and look in the ocean. We swim past the sharks and jellyfish to get to the mermaid cave. Mermaid stretch (cobra stretch) splash tail In water touch tail to head. Sit mermaid style (legs to side) and tell what color our tails are

Finger Plays (to be done sitting in a circle when you need to pull group back together) “Baby Shark” “Five Little Ducks”