



Dancercise[®]
Kids

Curriculum Training
Year 1

Teacher Choreography
&
Lesson Plans

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Fitness Fun Quarter

Fitness Fun Quarter

Nutrition Unit

Fitness	"Tummy Tickler"
Jazz	"Giggle Till You Jiggle"
Ballet	"Betsy's Garden"
Tap	"Mouse With An Appetite"
Creative	"Went To The Zoo"
Tumbling	Bridge
Muscle Of The Month	Abdominal

Healthy Habits Unit

Fitness	"Three Things"
Jazz	"Gotta Boogie!"
Ballet	"I Wanna Go To Bed"
Tap	"I Love H ₂ O"
Creative	"Snowflakes"
Tumbling	Handstand
Muscle Of The Month	Pectoral

Muscles Unit

Fitness	"My Heart"
Jazz	"Happy Heart"
Ballet	"Someone Special"
Tap	"My Shadow"
Creative	"Jumping Joe-Jack-Jane"
Tumbling	Headstand
Muscle Of The Month	Heart

Muscles Unit

Muscles Unit Summary

Fitness - "My Heart"

Lesson	Steps	Muscle Of The Month	Helpful Hint
We have different muscles all over our bodies. Our most important muscle is our heart. It pumps our blood through our body.	Run, Jump, Twist, Jumping Jacks, Get Those Hearts Pumping Sign: Heart, Muscle	Heart	Feel all of our muscles from our neck to our toes. Feel your heart before and after the song to compare the differences.

Jazz - "Happy Heart"

Lesson	Steps	Sign Language	Helpful Hint
You can make your heart happy by exercising.	Jazz Square, Twist, Clap High and Low	Heart, Happy	Ask the kids what makes them happy.

Ballet - "Someone Special"

Lesson	Steps	Sign Language	Helpful Hint
We all have someone special in our lives. We should tell them that we love them.	Chaînés Turn, Glissade, Plié, Rond de Jambe, Relevé	Love, Kiss, I Love You, Smile, Grandma	If someone doesn't have a Grandma, ask them who their "special someone" is and they can say that person's name instead.

Tap - "My Shadow"

Lesson	Steps	Sign Language	Helpful Hint
We have muscles all over our bodies. Does our shadow have muscles too?	Toe Taps, Heel Steps, Step Together	Sleep, Dancing	Did you look for your shadow?

Creative - "Jumping Joe-Jack-Jane"

Lesson	Activity	Helpful Hint
This song exercises our heart muscle and our listening skills. Sign: Game	We do jumping jacks, twists or jumps depending on the sounds of the music.	Have kids listen carefully to the different sounds. Remind them the music may go faster or slower.

Tumbling – Headstand

Helpful Hint

Hold their feet even if they say they don't need help. Have the kids put their hands and their head on the ground and then help them lift their legs up.

Muscles Unit

Tap – “My Shadow”

Verse	Lyrics	Steps
Intro		Bounce Toes Tip Toe Up to Show Big Shadow Tip Toe Back to Show Small Shadow Repeat
Verse 1 Step 1	Dancing with my shadow Dancing in the sun Dancing with my shadow Dancing and having fun	Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 2x Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 2x
Chorus Step 2	My shadow follows me wherever I may go Sometimes he grows fast & sometimes very slow His toes touch mine As we walk down the street He always likes to dance with me And tap his little feet	Shuffle Hop Step R Clap Clap Shuffle Hop Step L Clap Clap Bounce Toes March Tap R Toe 3x Stomp Tap L Toe 3x Stomp
Verse 1 Step 1	Dancing with my shadow Dancing in the sun Dancing with my shadow Dancing and having fun	Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 2x Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 2x
Chorus Step 2	My shadow follows me wherever I may go Sometimes he grows fast & sometimes very slow His toes touch mine As we walk down the street He always likes to dance with me And tap his little feet	Shuffle Hop Step R Clap Clap Shuffle Hop Step L Clap Clap Bounce Toes March Tap R Toe 3x Stomp Tap L Toe 3x Stomp
Break	But he disappears when the sun goes down I look everywhere but he’s not to be found He gets tired and goes to sleep But when the sun comes up He’s tapping his feet	Cover Eyes to Hide Jump Down in Ball Jump Up, Look in a Circle, Shrug Shoulders Rub Eyes Sign: Sleep Show Sun Coming Up with Arms Bounce Toes
Verse 1 Step 1	Dancing with my shadow Dancing in the sun Dancing with my shadow Dancing and having fun	Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 2x Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 2x
Verse 1 Step 1	Dancing with my shadow Dancing in the sun Dancing with my shadow Dancing and having fun	Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 2x Step Together R 2x Step Together L 2x Heel Step R Heel Step L w/Swinging Arms 1x
Ending		Jump X