



# syllabus breakdown & structure

## tiny tots (age 1 - 2)

The Tiny Tots class focuses on providing a fun and engaging introduction to dance. There is a strong emphasis on rhythm and moving to the beat, along side lots of imaginative tools to engage the children and work on their sensory development and dexterity, from props to puppets, bubbles, instruments, even the parachute. The exercises are designed to help develop basic co-ordination and gross motor skills, as well as developing imagination, following instruction and having lots of fun! The structure of the class is as follows;

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|--------------------------------|---------------------|
| ➤ Warm-up                      | ➤ Rhythm exercise   |
| ➤ Stretch                      | ➤ Storytime section |
| ➤ Action songs                 | ➤ Parachute fun     |
| ➤ Core movement skill exercise | ➤ Sensory cool down |
| ➤ Imaginative props section    |                     |

## baby boppers (age 2 - 3½/4)

The Baby Boppers class introduces the structure of a dance class in a fun and imaginative way. Again, there is a strong emphasis on rhythm and moving to the beat. Exercises are often linked with shapes, colours or numbers, to enhance cognitive awareness and learning landmarks outlined in the EYFS (Early Years Foundation Stages) guidelines. Children learn to follow instruction and develop gross motor skills further, such as walking and running at different speeds, galloping, jumping etc. Children submerge themselves in their imaginations in the storytime section and groove out in the Tot Bop Boogie, where even the grown ups get up and dance! The structure of the class is as follows;

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|---|--|
| ➤ Warm-up   | ➤ Music section<br>(included in 45 min classes only)               |
| ➤ Stretch   |  |
| ➤ Centre exercise; working on a core movement skills (such as direction, jumping etc) | ➤ Storytime section (narrative, imaginative sequence set to music) |
| ➤ Travelling steps  | ➤ Tot Bop Boogie!  |

## funky monkeys (age 3½ - 5; pre-school)

The Funky Monkeys class develops the content of exercises further. Again, exercises are often linked with shapes, colours or numbers, to enhance cognitive awareness and learning landmarks outlined in the EYFS (Early Years Foundation Stages) guidelines. Multiple movements are now linked together within an exercise to engage and provide more challenge. Children learn to follow instruction and develop copying skills. Rhythmical awareness is enhanced through the music section of the class, where a particular dance/music style is focused on for a half term (eg. Rock n roll, calypso, hip hop etc.). The dance content in the storytime section is increased to provide more of a challenge, while still developing the use of little imaginations! The children strut their stuff in the Tot Bop Boogie, helping to enhance self awareness and self confidence. The structure of the class is as follows;

- Warm-up

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- Stretch

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- Centre exercise; combines and develops core movement skills (eg. Jumping, hopping, swings, direction etc)

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- Travelling steps

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- Music section; focusing on a particular music/dance style every half term.

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- Storytime section

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- Tot Bop Boogie!

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## groovy movers (age 4 - 7; reception year upwards)

The Groovy Movers class follows a similar structure to the Funky Monkeys class, but again the content of each exercise is increased to provide more challenge ... let's face it, by now the children are practically grown up! New movements, positions and steps are introduced throughout, to increase the children's dance vocabulary, challenge and develop their co-ordination and enhance musical and rhythmical awareness. Movement is added to the music section. Imagination and creativity are still a key factor in the storytime section. The Tot Bop Boogie, now becomes more of a developing routine, which is added to each week. Confidence soars as their skills develop! There's no stopping them now! The structure of the class is as follows:

- Warm-up

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- Stretch

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- Centre exercise; develops more dance vocabulary

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- Travelling steps

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- Music section; focuses on a particular music/dance style every half term.

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- Storytime section

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- Tot Bop Boogie!

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## how the early years foundation stage (EYFS) framework is underpinned within the Tot Bop syllabus

Whether you are a parent, carer or an Early Years or Pre-School provider, it's both useful and important to understand how our syllabus links to the EYFS (Early Years Foundation Stage) framework. Our syllabus has been designed to enhance the EYFS framework, giving the children exactly what they need in every session and is successfully used in nurseries, pre-schools and after school settings.

Our syllabus is split up into developmental stages, so there is a class for children as young as 1 up to and including age 7. Our syllabus develops both gross and fine motor skills, co-ordination, rhythm, musical awareness, body awareness, creativity, confidence and imagination. It enhances independence ... even children as young as 1 are able to follow instruction, copy a movement and dance on their own! It is inclusive of boys and girls and is designed to be supportive of SENs. We are passionate about giving children the very best introduction to dance, getting them moving and inspiring and igniting imaginations.

Every class is designed to incorporate the EYFS 7 areas of learning. Whether it is a rhythm exercise of counting the beat (mathematics) or learning a specific dance style in the music section (understanding the world) or using their imaginations in the storytime section (expressive arts and design), the syllabus cleverly incorporates the learning goals and landmarks laid out in the EYFS framework, presenting them in an inclusive, fun and funky way to children. Tot Bop was founded by professional dancer and teacher, Rachel Kenning in 2016, who devised the syllabus using her specialist experience.

### personal, social & emotional development

- ▶ Encourages sense of self through independence and engaging in exercises and movement.
- ▶ Builds relationships and social skills through interactions with teachers and other children around them.
- ▶ Builds relationships through activities such as galloping in pairs and travelling in pairs from the corner.
- ▶ Builds confidence through familiarity of exercises, fun and achievement. (Sticker charts to track achievement at the end of each class.)
- ▶ Encourages an awareness of boundaries through following instruction and being respectful of others.
- ▶ Encourages turn taking on the travelling step section and sharing of props and musical instruments.



## how the early years foundation stage (EYFS) framework is underpinned within the Tot Bop syllabus

### physical development

- Enhances both gross and fine motor skill development through practice of walking and running at different speeds, jumping, hopping, skipping, turning etc.
- Encourages dexterity through the use of props.
- Development of co-ordination and body awareness throughout.
- Encourages confident and safe movement skills.
- Teaches an awareness of left and right.
- Teaches spatial awareness, pattern and direction.

### communication & language

- The class provides a safe, open and relaxed environment, where children are free to ask questions.
- Certain exercises have rhymes put to them to enhance the rhythm. For example, when skipping, at the end we say 'my name is ...' in the rhythm of the skip.
- Children enhance their listening and attention through engagement of the exercise or instruction.
- Children listen to clap the beat.
- Imagery is used throughout to aid the childrens' understanding and to spark their imaginations.
- Children are encouraged to say hello and goodbye to the teacher and engage in conversation when receiving their achievement sticker at the end of class.





## specific areas of learning

### literacy

- Uses rhythmic language and imaginative imagery to enhance learning.
- Children get used to certain words and phrases to describe a movement.
- Action songs associate language with a movement.

### mathematics

- Children count the beat in rhythm exercises using instruments and marching / movement.
- Builds an awareness of basic time signatures and counting 2, 3 and 4 beats to a bar.
- Children learn an understanding of musical phrasing and listening for the 1!
- Children often have to repeat a movement a number of times, where they have to count it. Eg. Hopscotch or 8 jumps.
- Children gain an awareness of shapes through choosing a shape mat to sit on at the beginning of class and in the 'make a shape stretch' exercise.
- Children gain an awareness of time through the structure of the class.
- Certain exercises have a theme of 'being a shape' or 'what time is it?'

### understanding the world

- Children begin to become aware of certain social dances in the 'music section', where they learn about a specific music/dance style for a number of weeks (eg. Rock n roll, Charleston, hip hop etc)
- The 'storytime' section ignites imaginations through putting movement into a context of a narrative setting.



# specific areas of learning

## expressive arts & design

- ▶ Creativity is encouraged right from the word go, in making 'crazy shapes' with their bodies.
- ▶ There is a strong emphasis throughout on feeling the beat and moving in a way that is initiated by the music. I.e. The movement comes from them and is encouraged to be intrinsic.
- ▶ In rhythm exercises and the music section, the children work with a different percussion instruments each week. They have fun exploring how it works and how best to make a sound (eg. Shake, tap together, pat on knee, tap on floor etc.).
- ▶ The children thoroughly explore their imaginations through use of props and in the 'storytime' section, whether it's imagining watering a garden with watering cans, being a woodland creature in a forest or a tight rope walker in a circus!
- ▶ Children have an opportunity to 'freestyle' at the end of class in the 'Tot Bop Boogie'. This encourages creativity, improvisation skills and builds confidence.

## ways in which Tot Bop classes help with school readiness

- ▶ Gets children used to listening and following instruction within an educational setting.
- ▶ Gets the children used to learning along side others and being respectful of both them and the teacher.
- ▶ Promotes social interaction and taking turns.
- ▶ Gets the children used to boundaries and routine within an educational setting.
- ▶ Encourages fun within learning!

