



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
(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;

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| ➤ Warm-up | ➤ Music section; focusing on a particular music/dance style every half term. |
| ➤ Stretch | ➤ Storytime section |
| ➤ Centre exercise; combines and develops core movement skills (eg. Jumping, hopping, swings, direction etc) | ➤ Tot Bop Boogie! |
| ➤ Travelling steps | |

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:

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|---|---|
| ➤ Warm-up | ➤ Music section; focuses on a particular music/dance style every half term. |
| ➤ Stretch | ➤ Storytime section |
| ➤ Centre exercise; develops more dance vocabulary | ➤ Tot Bop Boogie! |
| ➤ Travelling steps | |

