

Rhythm / Movement

Instruction Sheet

Ages

0-1

1-2

2-3

3-4

4-5

5-6

Let learner choose a song with a nice beat. (gummy bear, freeze, baby shark etc.)	✓	✓	✓	✓	✓	✓
Listen to the song you chose, clap along to the beat. Try to maintain the rhythm	✓	✓	✓	✓	✓	✓
Allow learner to add basic movements. Assist with ± 4 dance moves they can repeat in sequence.	✓ ± 2 moves very basic	✓	✓	✓	✓	✓
Allow learner to add movements to the song $\pm 6-8$ dance moves. Dance in sequence.					✓	✓
Once learner has created their dance (with assistance) motivate them to perform on their own and PLEASE VIDEO for them to see what they have created.	✓	✓	✓	✓	✓	✓

Assessment (Parent)

Achieved

Partially

Not Achieved

Able to choose a song (3-6y).			
Able to clap to song even off beat (1-2y).			
Clap to song on beat (3-6y).			
Remember ± 2 movement sequence (1-2y).			
Perform and remember ± 4 movement sequence (2.5-4y).			
Perform and remember $\pm 6-8$ movement sequence (4-5y).			
Able to maintain rhythm and beat while dancing to chosen song (5-6y).			