



# Creative Outlets 4Kids

## CO4KIDS SAMPLE CURRICULUM

### UNDER THE SEA

| Class             | Week 1   | Week 2  | Week 3   | Week 4  |
|-------------------|--|---|--|---|
| <b>Yoga Camp</b>  | <p>*Pose: Crab Pose/Table Top Pose</p> <p>*Performance Plan/Practice: Crab walk,</p>   | <p>Pose: Dolphin Pose/Jelly Fish pose</p> <p>*Performance Plan/Practice: Explore/learn about the life of dolphins</p> | <p>*Pose: Angel Fish/Bow Pose</p> <p>*Performance Plan/Practice: Explore/Learn about types of fish and where they live</p> | <p>*Pose: Shark/ Locust Pose</p> <p>*Performance Plan/Practice: Combine all poses/activities/ skills for the month into a camp-end performance to Music</p> |
| <b>Dance Camp</b> | <p>*Move: Practice slow, movements and breathing like a whale</p> <p>*Music: "Baby Beluga"</p> <p>*Practice Movement Routine</p> | <p>*Move: Body balance like a surfer</p> <p>*Music: "Swimming in the Sea"</p> <p>*Practice Movement Routine</p>       | <p>*Move: Move/wiggle like an octopus</p> <p>*Music: "Five Little Sea Creatures"</p> <p>*Practice Movement Routine</p>     | <p>*Move: Freestyle movements - combine all sea-like moves.</p> <p>*Music: Free choice songs</p> <p>*Practice Movement Routine</p>                          |



## Pose Descriptions and Lesson Plans

### Crab – Table Top Pose

(Come to sitting with your palms flat on the floor behind you and the soles of your feet flat in front of you. Lift your buttocks to create a table, then walk like a crab.)

### Turtle – Tortoise Pose

(Sit on your buttocks with your knees bent and your feet flat on the floor. Then take your feet out wide and be sure you are sitting with a tall, straight spine. Put your arms down in front of you, between your legs. Slide your arms under your knees and place your hands flat on the floor outside your legs. Bend forward, keeping your back and neck straight.)

### Dolphin – Dolphin Pose

(On your hands-and-knees, bend your elbows. Rest your forearms on the ground, with your palms flat. Lift your knees to straighten your legs while looking forward.)

### Angel Fish – Bow Pose

(Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet. Pucker your mouth like a fish's.)

### Jellyfish – Standing Forward Bend

(From Mountain Pose, bend your upper body, reach for your toes, and sway your arms like jellyfish tentacles.)

### Shark – Locust Pose

(Lie on your tummy, lift your chest and shoulders, look up, clasp your hands back behind you, and pretend to glide through the water like a shark.)

### \*Song List for Music curriculum

<http://www.preschooleducation.com/socean.shtml>

Feel free to add songs and/or do different songs, use CD etc.

### \*Movement routine - freestyle choreography

Teacher/student choice to music