

Ballet, Jazz, Hip Hop Warm-up Idea for 2 – 6yrs

Change up the wording and ideas to suit the style of dance that you are teaching, but the general idea is the same. These warm-up ideas are using imagery, creativity and student involvement.



- Sit like a ‘tall ballerina’ – stretch up, ‘yukky ballerina’ – slouch, **Hip Hop:** sit tall (hammer hits for 4 or 8 counts) and slouch (hit the floor for 4 or 8 count)
- Smell toes ‘pooley’, ‘peek-a-boo’ eyes look forwards then sit tall
- Legs stretched out in front and cover them with chocolate syrup/fairy glue/ballerina glue so they don’t come apart, **Hip Hop:** glue, cement, chewing gum
- Point toes ‘pretty feet/good ballerina toes’, flex feet ‘eww, yukky feet/bad ballerina toes’
- Reach arms up, lean forward towards toes, ‘kiss your knees’ – kiss both knees and reach up again
- Reach arms up lean forward tickle your toes/tinkling raindrops/falling snowflakes/twinkling fairy dust
- Chant and touch: toes, knee, shoulders, head – start slow then speed it up
- Rub hands together ‘warming up our hands’ clap/count: 4/4 clap, clap/floor/count 2/4, clap/legs/floor (slower) 3/4 timing
- Straddle legs, arms out to the side: lean to one side, sit up ‘pop’ repeat other side
- Straddle legs, lean over and grab outstretched leg ‘Give your leg a hug’ repeat other side
- Elbows on the ground
- Lay on tummy – toes to head
- Rock on tummy (forward and back) arms stretched out to the side/breast stroke arms, legs lifted off the ground ‘Swim like a mermaid/dolphin/shark/fish **Hip Hop:** rock like a boat, rocking chair, see saw
- Reach and grab each foot one at a time (quad stretch)
- Crouch into a ball, flowers waiting to bloom ‘here comes the rain’ open each arm, roll both arms and open, **Hip Hop:** burst open into a star fish
- In a ball, move onto hands and knees, stretch one leg back and point – ‘try to touch the wall with your toe’ repeat other leg
- Walking with hands and feet on the ground – ‘like a spider crawling in the garden’, then the teacher can be a bird in the sky to come scoop the spiders and ‘eat them all up, then they go back into a ball and hide’
- Sleeping mermaid, wake-up, pick up the bubbles, wash your face, put on your jewellery (earrings, bracelet, pick up mirror, look how beautiful you are, brush your hair, move onto tummy, swim (kicking legs, breast stroke arms) move onto knees – rise tall and lower back down, stand-up and point toes at the fish and coral ‘what else can you see in the ocean’, finish with a pretty pose
- Sleeping bunnies, ‘wake-up bunnies’ and jump, sleeping elephants, ‘wake-up elephants’ and stomp, birds, tigers, snake, dolphin etc
- Using call and response: teacher says and does ‘plie’ children call back and say and do ‘plie’, teacher ‘releve’ children ‘releve’, tendu/close, sauté/tippy turns, echappe/close in 1st, posse/lower down (hands on hips for balance) etc, **Hip Hop:** fold arms/reach them out, hand on chins/crouch down low, drop down low/heels out etc
- Port de bras: beachball (1st) sun (5th) tree (2nd) moon (bras bas), **Hip Hop:** fold arms, shoulders, hips, chin ‘yo’, reach out to audience, up to the sky, stretch out wide, drop down to the ground
- Lift one arm up to 5th – look into the palm of that hand, repeat with the other hand ‘switch’ get faster and faster with the switching for fun
- Standing tall, feet together parallel or in 1st, 3rd, 5th reach both hands up, drop from waist to toes (legs straight), creeping fingers up legs, tickle tummy, tickle face, reach for the stars repeat,
- Tendu forward (devant), tendu back (derrier), lift (arabesque) arms out to the side ‘fly like an aeroplane’
- Skips around the room: Hands on shoulders, hands on hips, hands on heads etc, Hip Hop
- Step and curtsy to the right and left, stand in 1st, lift right arm to 5th and bow ‘sweeping your toes’