

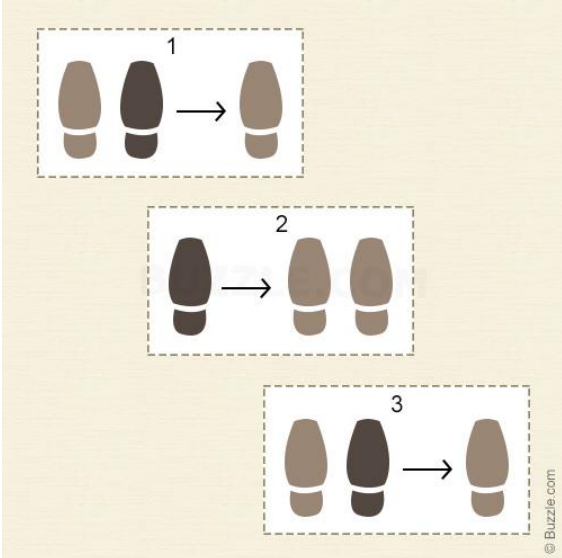


Activity Plan for Leaping & Sliding


Week 1			
Activity	How many or how long	How many days	Instructions
Leaping 	5 times/day	3 days/wk	Practice leaping. A leap is when you jump off one leg and land on the other leg. Put a toy or doll on the floor in front of you. Lift one leg in the air so it is over top of the toy (like a roof over the toy). Then take a big step with that foot so the toy is underneath you and you have one foot on each side of the toy. Finally lift the other leg so it makes a roof over the toy before you bring that leg up beside the other one. Congratulations! You've done a slow-motion leap. When you can do all of these parts, try putting them together so you do the whole thing without stopping.


Week 2			
Activity	How many or how long	How many days	Instructions
Leaping 	5 times/day	3 days/wk	Practice the leaping that you did last week but this time try to take a few steps before and after you leap. Start with 3 walking steps before and after the leap. When you can do that, try to do 3 running steps before and after the leap. Remember, a leap is when you take off on one foot and land on the other foot.

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Step-Together-Step	10 times/day	3 days/wk	<p>Step-together-step is a dance move that is used for lots of things. You do it exactly the way the words go and you can do it in any direction (forward, backward, left, right). Try going forward first. Step forward with one foot, bring the other foot beside the first foot, and then step forward again on the first foot. To make it a dance move, try adding a little jump as you bring the second foot up beside the first one. When you can do step-together-step with either foot going forward, try doing the same thing going sideways. It's exactly the same except that the first foot steps to the side, then the second foot catches up before the first foot steps to the side again. When you can do step-together-step going either left or right, try doing them together but alternating directions.</p> 
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Week 3			
Activity	How many or how long	How many days	Instructions
Step-Together-Step (backwards) 	10 times/day	3 days/wk	This week try the step-together-step dance move going backwards. You do it exactly the way that you did it going forwards, except your first step is either to the left or right. Try going to the right first. Step backwards with one foot, bring the other foot beside the first foot, and then step backwards again on the first foot. When you have your feet moving the right way, try adding a little jump as you bring the second foot up beside the first one. When you can do it going to the right, then try going to the left. When you can do step-together-step going either forwards and backwards, try doing them together but alternating directions. Put on some music and see if you can do the dance move to the right, left, forward and backward in time to the music.

Week 4			
Activity	How many or how long	How many days	Instructions
Dance 	30 minutes	Total for week	Now that you can do the step-together-step move and a leap, pick a song that you like and create your own dance. Make up other dance moves as well so that you are doing lots of different things during the song. When you have the whole song done, show it to your family or friends.