Dancing
PLAYGROUP SESSION PLANNER

Play Spaces
Theme: Movement - Dancing

PLAYGROUP SA
Playing, learning, supporting families

Dancing is a great way to have some fun, dress up and get active. Dancing is when people move to music. There are many different types of dancing. Most cultures have their own form of dancing, and many tell stories. Dancing is a wonderful way to be creative, expressive, and very good for you mentally and physically.

In 1988, in Miami a world record was set with 119 986 people participating in the world's longest Conga Line Dance.

Creative Space
Dancing Ribbons

CHILDREN WILL NEED: Large pop sticks, different coloured ribbon, or crepe paper, scissors, and sticky tape.

INSTRUCTIONS: Cut lengths of ribbon, using the sticky tape, secure the ribbons to the end of the pop stick. You are now ready to twirl and dance your heart out.

EXTENSION IDEAS: You can plait or twist the ribbons/crepe paper together using your fine motor skills.

What is your favourite dance move? Have you ever been to a dancing lesson?

EYLF 2

Play Spaces

Providing a diverse range of activities will support children's experience and whole developmental experience. Play spaces and activities can be set up as opportunities for free play.

Outdoor Activity
Statues

Sensory Activity
Guess the song

You will need: Speaker you can connect to your phone, Spotify, or YouTube.

Instructions: Play some age-appropriate songs – just the first 20 seconds or so. Stop the music and ask the children if they know what the song is. Using their listening skills, the children will hear the rhythm and beats of the songs which will help them to recognise the songs. You can also play these songs in full for your dance party at Group Time.

Play a game of statues. Let the children dance around outside and when the music stops, see who can stand still like a statue.

Play Spaces

Baby Play

EYLF 3

Setting up a Baby Play area can be very simple. A soft mat and some pillows are a great start. Items to include could be a mirror on the wall, treasure baskets, musical instruments, surprise box with different texture materials or scarves. Board books and some open space so that baby can explore and roll.

Quiet Corner

EYLF 3

A sensory tent or area is valuable for children who are overstimulated and need some quiet time or space away from the group. You can include pillows, a blanket, sensory toys such as glitter wands, stress balls, bubble timers, poppits, wooden fidget toys, reversible sequins cushions, books and ear muffs.

Social Space

EYLF 4

Social spaces include role play opportunities where children can play out scenarios such as kitchens, cafes, supermarkets, doctors, florists, bakeries, airports, work bench with tools and many others. You may provide dress ups, items for sale or production or service. This can also include playing families and home making.

Builder's Corner

EYLF 3

Ways to set up a builders corner include duplo, cars and train sets, loose parts play, box construction, wooden blocks, stacking and building games, cup stacking, building a fort with blankets, arranging materials on a lightbox, sand play and plasticine.

Group Time
Creative Play

Activities to include in your Playgroup Routine

Welcome Song
EYLF 1

Ninna Marni [Niina Marni]
Niina marni? Niina marni? >> Marni'ai.
Marni'ai
Wanti niina? Wanti niina? >> Wardli-ana,
Wardli-ana.
© Cherie Watkins

Song Time
EYLF 1

Please see the last page for this session planner's song.
Join in with your group.

Shared Experience
EYLF 4

Get the music playing and enjoy a dance party with the children and their Dance Sticks/Ribbons. Ask the children if they have any favourite songs? Share your song ideas and dancing with the group.

Story Time
EYLF 5

Have a look at the local library or bookstore for these books that will spark your imagination!
Giraffes can't dance by Giles Andreae
Dancing with Grandma by Rosemary Mastnak
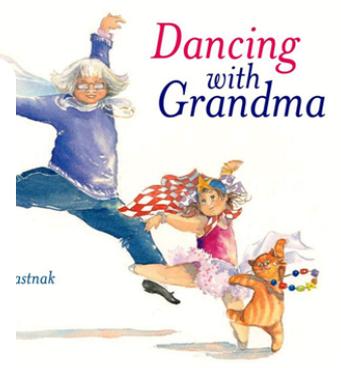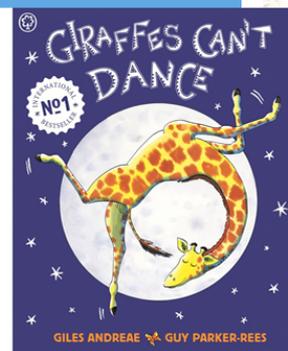
Goodbye Song
EYLF 1

Where are the children? Where are the children?
Here they are! Here they are!
We had fun at Playgroup! We had fun at Playgroup!
Bye for now, Bye for now!

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If you're happy and you know it!

If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, clap your hands (clap clap)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, clap your hands. (clap clap)

If you're happy and you know it, stomp your feet (stomp stomp)
If you're happy and you know it, stomp your feet (stomp stomp)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, stomp your feet. (stomp stomp)

If you're happy and you know it, shout "Hurray!" (hoo-ray!)
If you're happy and you know it, shout "Hurray!" (hoo-ray!)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, shout "Hurray!" (hoo-ray!)

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)
If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, do all three. (clap-clap, stomp-stomp, hoo-ray!)

Framework

Playgroup SA's Playgroup Planning Framework has been designed to ensure that there is an evidence-informed approach to the planning of activities and experiences. There are five play types drawing on Mildred Partens work, the Australian Early Development Census (AEDC) domains of development are covered, and the five outcomes in the Early Years Learning Framework. The Programming framework ensures that children attending Playgroup are engaged, are participating and have a diverse set of activities and experiences to support them to thrive. When programming we make sure there are opportunities for purposeful play, we think development and plan for outcomes.

Play Types

'Play' is synonymous with how children spend most of their time in the first few years of life. People of all ages benefit from play and play-based activities. Play is the central mechanism, providing a strong foundation for learning. When activities programmed at Playgroup align with each of the Play Types, children will enjoy a rich and diverse learning experience at Playgroup. When children interact and experiment in the Playgroup environment, they will better organise and make sense of the world around them as they play.

Functional Play   Construction Play   Role Play

Explorative Play   Creative Play

AEDC Domains

AEDC developmental domains help to provide a common language for families, and educators to understand and discuss outcomes through a developmental lens when children engage in different play-based activities. The AEDC domains can be particularly useful for reflecting on how individual children's development is progressing, and programming activities that work toward achieving optimal outcomes for each child. Understanding these domains of development can help families connect the activities and experiences that will support children to develop the skills in preparation for transitioning into the pre-school and school environments.

Physical health and wellbeing   Social competence   Emotional maturity

Language and cognitive skills   Communication skills and general knowledge

Early Years Learning Framework

The EYLF is used as the central framework in Early Childhood Education settings. The EYLF was designed to ensure that children in all early childhood education and care settings have access to meaningful activities and experiences that will support children's learning from birth through to five years. EYLF is Play-based and recognises families as children's first educators. A quality experience at Playgroup aligned with EYLF outcomes will ensure that children will have the best chance of positive experiences in the learning environment at school.

EYLF 1   EYLF 2   EYLF 3   EYLF 4   EYLF 5

Outcome 1 Children have a strong sense of identity

Outcome 2 Children are connected with & contribute to their world

Outcome 3 Children have a strong sense of wellbeing

Outcome 4 Children are confident & involved learners

Outcome 5 Children are effective communicators