

# Tots to Teens 2009

## Fit for Tots

This one day workshop for qualified level two instructors will enable you to work confidently and creatively with children **3 – 6 years**



The day includes:

- The Principles of Dance & Movement; to introduce their young minds to basic patterns of movement to music
- Games to warm up the mind and body
- Creative ideas using themes and motifs
- Games to calm and relax
- Good teaching practice and how to stay in control of your session
- How to create your own sessions and good lesson planning

This workshop comes with helpful start-up resources and lesson plans

Join us on Friday 23rd October, from 9am - 6pm  
at our central Leeds venue

Book 2 courses and receive a **10%** discount