Premier

Premier Camps!

Winter Holiday Dance:
Christmas - Santa's Workshop!

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Premier Camps: Explore & Play	**Activity 1:** Christmas Corners
Equipment: • Christmas Corners Cards • Blue Tack • Speakers • Christmas music	**Age range:** 4-7 **Timings:** 30 mins

Activity Description:

Christmas Corners:

- Stick the Christmas corners cards on the wall in the four corners of the room.
- The children stand in the middle of the room in a space. When the music is on the children dance to Christmas themed music when the music stops they run to a corner and do an action that fits that picture.
- If you wish to make the game competitive; each round call out a corner, and all the children in that corner are 'out' They come and sit at the front and choose the next corner to be 'out'.
- Repeat as necessary.

Premier Camps: Explore & Play	**Activity 2:** Snowy Scenes
Equipment: • Sound system • Christmas music	**Age range:** 4-7 **Timings:** 30 mins

Activity Description:

Snowy Scenes:

- Children to dance in a space to Christmas music.
- When the music stops the Activity Professional calls out a particular phrase, 'Building a snowman', 'sledging', 'unwrapping a gift', 'snowball fight' etc. and the children have to create that scene either individually or in pairs/small groups as directed.

Premier Camps: Explore & Play	**Activity 3:** Elf, Elf, Reindeer
Equipment: • None	**Age range:** 4-7 **Timings:** 45 mins

Activity Description:

(Christmas version of Duck, Duck, Goose):

- Children sit in a large circle.
- One child walks around the outside if the circle, tapping each child lightly on the head saying 'Elf, Elf, Elf'.
- When they say 'Reindeer', that child stands up and chases the other child around the outside of the circle until one of them reaches the space left by the chasing child and sits down.
- Ensure every child has at least one turn being the 'Reindeer'.

Premier Camps: Explore & Play	**Activity 4:** Festive Freestyle
Equipment: • Sound System • Christmas music	**Age range:** 4-7 **Timings:** 30-45 mins

Activity Description:

Festive Freestyle:

- Children create a large circle.
- Play music for children to take it in turns to enter the circle (individually, in pairs or in small groups depending on confidence) and freestyle in the middle.
- Activity Professional may need to go into the circle with less confident children.
- Activity Professional may have to give children ideas of moves/actions if they are struggling to think of things to do.

Premier Camps: Explore & Play	**Activity 5:** Silly Snowy Stories
Equipment: • None	**Age range:** 4-7 **Timings:** 30-45 mins

Activity Description:

Silly Snowy Stories:

- Everyone sits in a big circle: Deliverer starts the story with: "Many years ago on Christmas Eve night Father Christmas had a problem...
- Go around the circle and each child takes it in turns to add on a sentence to the silly snowy story.
- Each child takes it in turns to start a new story when each story comes to a natural conclusion.
- Repeat as necessary.
- *Note: The emphasis of this game is on the silly. The idea is to make each other laugh.*
- Team 'points' can be awarded for making others laugh.

Premier Camps: Explore & Play	**Activity 6:** Christmas List
Equipment: • None	**Age range:** 4-7 **Timings:** 30-45 mins

Activity Description:

Christmas List:

- The children make a large circle and sit down.
- The Activity Professional starts the game: "I wrote my Christmas list and I asked Father Christmas for a bike".
- The child next to them repeats "I wrote my Christmas list and I asked Father Christmas for a bike and... they add their own item.
- Each child adds on a new item whilst reciting the previous ones first.
- The youngest children will need help remembering any items and help thinking of new ones so be prepared to help them, and make it fun when people forget, and the game starts again.
- Repeat as necessary.

Premier Camps: Explore & Play	**Activity 7:** Frosty Fun
Equipment: • Sound system • Festive music	**Age range:** 4-7 **Timings:** 30-45 mins

Activity Description:

Frosty Fun:

- Children have to move around the room to music.
- When the music stops, deliverer calls out a number and the children have to get into a group of that number.
- Once in groups children have to make up a Christmas themed freeze frame or dance move.
- Repeat as appropriate.

Premier Camps: Explore & Play	**Activity 8:** Reindeer Rhythms
Equipment: • Sound system • Percussion instruments if available	**Age range:** 4-7 **Timings:** 15-30 mins

Activity Description:

Reindeer Rhythms:

- Everyone sits in a circle.
- Deliverer clap/stamps/uses percussion instruments to create a simple rhythm.
- Each child copies the rhythm.
- It is passed around the circle.
- Each child takes it in turn to create their own rhythm to pass around the circle.

Premier Camps: Explore & Play	**Activity 9:** T'was the Night Before Christmas
Equipment: • None	**Age range:** 4-7 **Timings:** 15-30 mins

Activity Description:

T'was the Night Before Christmas:

- The children lie on the floor and pretend to be asleep.
- The Activity Professional walks around the room, reciting The Night before Christmas extract (see resources) whilst trying to get the children to laugh or move.
- When they are caught laughing or moving they are out and join in trying to get the others out.

Premier Camps: Explore & Play	**Activity 10:** "All I Want for Christmas"
Equipment: • Sound System • "All I Want for Christmas" Music	**Age range:** 4-7 **Timings:** 15 mins

Activity Description:

"All I Want for Christmas":

- Get all the children in a space.
- Teach them a very simple dance to the chorus of "All I Want for Christmas".
- Freestyle during verses, and all join in for simple "All I Want for Christmas" chorus.
- Practise and perform as appropriate.

Premier Camps: Explore & Play	**Activity 11:** Santa's Coming
Equipment: • None	**Age range:** 4-7 **Timings:** 30 mins

Activity Description:

Christmas themed version of 'Captain's Coming':

- The children stand in a line in the centre of the room facing the Activity Professional.
- The Activity Professional calls out the following instructions at random and the children have to respond accordingly:
  - 'Santa': Pretend to fly on a sleigh to the left side of the room.
  - 'Reindeers': Gallop to the right hand side of the room
  - 'Jump down the chimney': Children run to the centre of the room and jump up and down on the spot
  - 'Presents': Children sit on the floor and pretend to open presents
  - 'Christmas Star': Children find a space on the floor and make a star shape on their fronts.
- If you wish to make the game competitive the last two children to follow the instruction can come and sit at the front and decide who the next two to be 'out' are. Remember to do this sensitively as small children may get upset.

Premier Camps: Explore & Play	**Activity 12:** Christmas Choreography
Equipment: • Sound system • Festive music	**Age range:** 4-7 **Timings:** 45 mins

Activity Description:

Christmas Choreography:

- Get the children to stand in a space.
- Play some festive music and get the children to move around the room improvising actions to the music.
- Choose one action, and teach it to the rest of the group as a 4 – 8 count action.
- Repeat this process until you have a 4 – 6 action motif lasting 16 – 32 counts depending on the age and ability.
- Allow time for rehearsal and performance in small groups.

Premier Camps: Explore & Play	**Activity 13:** Winter Words
Equipment: • Sound system • Festive music	**Age range:** 4-7 **Timings:** 45 mins

Activity Description:

Winter Words:

- Get the children to stand in a space.
- Play some festive music and get the children to move around the room.
- Call out one of the following words and the children have to perform an action that they feel fits the word.
    - Santa
    - Reindeer
    - Sleigh
    - Present
    - Christmas Cracker
    - Snow Angel
    - Star
- Activity Professional to pick out the 'best' action to that word, and turn it into a 4 – 8 count move which is taught to the whole group.
- Put the music back on the children dance and move around the room again, the Activity Professional stops the music and repeats the above.
- Repeat this process an appropriate number of times in relation to the age and ability of the children: creating a 4 – 6 action motif/dance that the children can practice and perform.
- Allow time for rehearsal and performance in small groups to the rest of the group.

Premier Camps: Explore & Play	**Activity 14:** Festive Pictures
Equipment: • Sound system • Winter themed pictures • Festive music	**Age range:** 4-7 **Timings:** 45 mins

Activity Description:

Festive Pictures:

- Put the children into small groups.
- Give each group a winter themed picture.
- Each group has to create one or two actions inspired by the picture.
- If they feel confident to; each group can perform their actions to the rest of the group.
- Activity Professional then takes 1 or 2 actions from each group (depending on the number of groups) and creates a 4 – 6 action motif/dance from the children's ideas.
- Allow time for rehearsal and performance in small groups to the rest of the group.

Premier Camps: Explore & Play	**Activity 15:** Showcase
Equipment: • Dependent upon activity choice.	**Age range:** 4-7 **Timings:** 45-60 mins

Activity Description:

Showcase:

- Allow time for children to select some of the performance pieces they have created throughout the week.
- They can add and alter these if necessary and combine elements of them together.
- Allow time to rehearse and show as a showcase at the final session.

For example:

- Festive Pictures
- Winter Words
- All I Want for Christmas
- Christmas Choreography
- Festive Freestyle

Winter Holiday Resource

The Night before Christmas

T'was the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with care,
In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads.
And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap.

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer.

With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!

"Now, Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid! on, Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St Nicholas too.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot.
A bundle of Toys he had flung on his back,
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow.

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And filled all the stockings, then turned with a jerk.
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ‘ere he drove out of sight,
"Happy Christmas to all, and to all a good-night!"