



Kids
On The Move
Newsletter
NOVEMBER 2007



THIS MONTH'S THEME: BEING THANKFUL....

***WE ARE HAVING A BLAST...ENJOY TAKING THE TIME TO DISCUSS THIS MONTH'S ACTIVITIES WITH YOUR CHILD....**

CONVERSATION STARTERS –

***ASK THEM WHY IT IS IMPORTANT TO WARM-UP THEIR MUSCLES.....**

***HAVE YOUR CHILD SHOW YOU THEIR HAMSTRINGS AND CALVES.....**

FREEZE DANCE

WHEN THE MUSIC STOPS YOU FREEZE. THIS IS A WONDERFUL WAY TO INTERACT WITH YOUR CHILD AT HOME WHILE THEY SHOW YOU SOME OF THE MOVES THEY ARE LEARNING IN CLASS...

STACCATO VS. LEGATO

STACCATO IS PUNCTUATED AND SHARP...WHILE LEGATO IS SMOOTH AND FREE-FLOWING...SOME EXAMPLES OF MOVEMENT WOULD BE ROBOTS, TIPTOEING, SOARING, ICE SKATING, ETC...

WE ARE LOOKING FORWARD TO A GREAT NOVEMBER!!!

**REMEMBER THERE WILL BE NO CLASSES THE WEEK OF NOV 19TH-23RD
PLEASE CONTACT ME WITH ANY QUESTIONS OR COMMENTS....**

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Happy Thanksgiving!