

**Table 7.1 Distinguishing Characteristics of 3- to 5-year-olds**

Learn by	Need to have	Relate to	Motor skills	Dance activities	Dance forms
<ul style="list-style-type: none"> <li>• imitation</li> <li>• following</li> <li>• leading</li> <li>• manipulating</li> <li>• watching and listening</li> <li>• exploring and discovering the elements of the dance</li> <li>• using senses (taste, touch, hearing, seeing, feeling)</li> <li>• practicing respect for property and equipment</li> </ul>	<ul style="list-style-type: none"> <li>• structure in the class</li> <li>• repeated practice with following instructions</li> <li>• repetition of the activity</li> <li>• praise (positive reinforcement)</li> <li>• smiles</li> <li>• short activities balanced with rest periods</li> <li>• gross motor activity (arms and legs)</li> <li>• class work as a group</li> </ul>	<ul style="list-style-type: none"> <li>• lively music</li> <li>• stories and tales</li> <li>• bright colors</li> <li>• familiar objects</li> <li>• people and occupations</li> <li>• animals</li> <li>• machines</li> <li>• songs</li> <li>• chant songs</li> <li>• fantasy</li> <li>• pretending</li> <li>• props, ribbons, scarves, yarn balls</li> </ul>	<ul style="list-style-type: none"> <li>• locomotor movements: walk, run, jump, gallop</li> <li>• nonlocomotor movements: bend, stretch, twist, turn, jump in place, fall</li> </ul>	<ul style="list-style-type: none"> <li>• body awareness</li> <li>• spatial awareness</li> <li>• discovery and exploration dances</li> <li>• dance making (know that there is a beginning, middle, and end of a dance)</li> </ul>	<ul style="list-style-type: none"> <li>• creative movement and dance</li> <li>• preballet</li> <li>• tap dance</li> <li>• acrobatics</li> </ul>