Active Start Mass Routine
Choreography by Kara Thorpe

Music: Dance with Your Teddy Bear by Doug Paul
https://www.youtube.com/watch?v=V8kBNkMXa_s

Apparatus: Children's own Teddy Bears, Parachute (preferably at least one color spot per participant)

Concept: This routine is created with the concept of exploration and play, storytelling and developing the whole child. It is designed to have areas in which the coach and children have say in the choreography. In these areas, there are suggestions of movements that could work, but they are not limited to these choices. With the age range from 3 to 5, (or older in the case of children with special needs) the routine should be different. Following the lead of FIG and the movement within Gymnestrada around the world, there needs to be ways to modify based on the participants. Each group, is unique and this routine celebrates this!

Equipment:

1) Teddy bears allow for comfort. Allow time for children to show and tell. Share stories about your favorite teddy bear. Remember, Active Start is about developing the whole child and language development is a huge part of their world. You could choose to have a club teddy bear for the performance (even get a little outfit made for it). This then, perhaps, becomes theirs to keep (they may take it to their school or daycare show and tell and talk about gymnastics!)
2) Parachute have endless opportunities to play. This section will need to be led by the coach during the performance. It does not necessary need to be practiced, rather explored. Play a few different games during classes and then pick the groups favorite at the time of the performance. It could easily change every performance.
   SOCIAL DISTANCE CONSIDERATIONS: for the play portion consider using a piece of fabric, chiffon, or rope between 2 students. Other possibility could include individual scarfs or other hand apparatus that can be played with ☺
3) What to Wear! Jammies – of course! This includes coaches. Get a fun onesie, maybe even some slippers. Remember, playing and getting down to a child's level is all part of being a great role model for the little ones in your groups.

Formation 1	**Formation 2**	**Formation 3**
Straight line	Circle around parachute	Straight line
X Y X Y X Y X Y	one participant per color	X Y X Y X Y X Y

Choreography

Starting position: Sit in butterfly teddy

Counts	Cues	Skills	Covid 19 Considerations
1 - 8	Teddy bear warm up	Butterfly bounces	
1 – 8		Rock side to side	
1 – 4		Pike position, teddy up above head	
4 – 8		Pike stretch, teddy to toes	
1 – 4		Straddle position, teddy up above head	
5 – 8		Straddle stretch, teddy to middle	
1 – 8		Dance your own way with the teddy	
1 – 8	Come on children every where	Hold hands gallop to the front	Face a partner and gallop
1 – 8	Its time to dance with your teddy bear	Duck under spin	Turn (work to mirror timing)
1 – 8	Its not hard as you will see	Gallop to the back	Face a partner and gallop
1 – 4	Lets get ready now	Duck under spin	Turn (work to mirror timing)
5 – 8	1, 2, 3	High five Partner	Air high five
1 – 4	Come on everybody	Teddy to the middle	
4 – 8 1 - 8	Dance with your teddy bear	Throw and Catch	
1 – 2	Jump up	Star with teddy in right hand	
3 – 4	n down	Jump in	
5 – 6	up	Star with teddy in left hand	
7 – 8	N down	Jump in	
1 – 8	Spin your teddy bear around	Variations: Dance in Circle Pivot turn, pivot turn Full turn	

1 – 2	Jump up	Star with teddy in right hand	
3 – 4	n down	Jump in	
5 – 6	up	Star with teddy in left hand	
7 – 8	N down	Jump in	
1 – 8	Spin your teddy bear around	Variations: Dance in Circle Pivot turn, pivot turn Full turn	
1 – 4	Dance it over here	Lunge right	
5 – 8	Dance it over there	Lunge Left	
1 - 8	Dance with your teddy bear	Wiggle down and up	
1 - 8	Dancing all around the world	Hold teddy in right hand, 2 arm circle sagittal plane	
1 - 8	Teddy bears are …..	Hold teddy in the middle 2 bounces	
1 - 8	Every body's having fun	Hold teddy in left hand, 2 arm circle sagittal plane	
1 - 8	Dancing in the morning sun	Hold teddy in the middle 2 bounces	
1 – 4	Come on everybody	Teddy to the middle	
5 - 8	Dance with your teddy bear	Throw and Catch	
1 – 2	Jump up	Star with teddy in right hand	
3 – 4	n down	Jump in	
5 – 6	up	Star with teddy in left hand	
7 – 8	N down	Jump in	
1 – 8	Spin your teddy bear around	Variations: Dance in Circle Pivot turn, pivot turn Full turn	
1 – 2	Jump up	Star with teddy in right hand	
3 – 4	n down	Jump in	
5 – 6	up	Star with teddy in left hand	
7 – 8	N down	Jump in	
1 – 8	Spin your teddy bear around	Full turn	

1 – 4	Dance it over here	Lunge right	
5 – 8	Dance it over there	Lunge Left	
1 - 8	Dance with your teddy bear	Wiggle down and up	
12 sets of 8	Musical interlude	Please parachute color change game, or club parachute game of choice	Using a 6ft piece “item” (eg. broadcloth, rope, chiffon) stretched between 2 participants make activtives as possible eg. one up one down and switch
1 – 8	Bogie woggie teddy bear it’s true.	Variations: Hold Balance while shaking Gallop one way for 16 counts Gallop to the left (8 counts) Gallop to the right (8 counts)	Gallop half circle to switch spots with partner – 8 counts (keeping “item” tight to help with spacing) Gallop half circle to switch back to start spots with partner – 8 counts Variation: Use independent scarf for play and creative dance
1 - 8	Dancing dance the whole day through		
	Kept on dancing all the night All he said was its all right	Big up, and down with the parachute	Big up, and down with the “item”
1 – 4	Come on everybody	Run Back to teddy bear	Switch item with teddy bear
5 - 8	Dance with your teddy bear	Pick up teddy	
1 – 2	Jump up	Star with teddy in right hand	
3 – 4	n down	Jump in	
5 – 6	up	Star with teddy in left hand	
7 – 8	N down	Jump in	
1 – 8	Spin your teddy bear around	Variations: Dance in Circle Pivot turn, pivot turn Full turn	

1 – 2	Jump up	Star with teddy in right hand	
3 – 4	n down	Jump in	
5 – 6	up	Star with teddy in left hand	
7 – 8	N down	Jump in	
1 – 8	Spin your teddy bear around	Variations: Dance in Circle Pivot turn, pivot turn Full turn	
1 – 4	Dance it over here	Lunge right	
5 – 8	Dance it over there	Lunge Left	
1 - 8	Dance with your teddy bear	Wiggle down and up	
2 sets of 8	Jump up	Partner X: Balances/Jumps/dances on the Spot Partner Y: skips around partner	Partner X: Balances/Jumps/dances on the Spot Partner Y: skips around their own personal space
	n down		
	up		
	N down		
	Spin your teddy bear around		
2 Sets of 8	Jump up	Switch Partners	Switch Partners
	n down		
	up		
	N down		
	Spin your teddy bear around		
3 sets of 8	Dance it over here	Exchange Variations: Sit in straddle and pass Stand, Toss exchange with one teddy Stand, Toss exchange with two teddies … as many as successful	Non exchange version: Pass teddy bear in front and behind, between legs in lunge (be creative)
	Dance it over there		
	Dance it over here		
	Dance it over there		
	Dance it over here		
	Dance it with your teddy bear		
1 - 8		End pose made by the group!	