

Lesson Plan 3

Lesson Date: **Class Age/Level:** 4-5 yo Day Care **Teacher Name:** Ms. Emily

Objectives

After this lesson, students will:

- Know the structure of the class and be able to predict the coming exercises.
- Begin learning ballet and modern movements.
- Begin to find coordination with their own bodies in a group.
- Begin to develop a sense of spatial awareness.
- Be able to apply this to begin dancing as a group in unison.

Materials

Speakers, music, plastic dots for the floor markers, scarfs, pictures

Methodology

Games, follow along, group work, imrpov

Introduction of Concepts

- Demonstrating some movements
- Explaining what some of the movements mean
- Explain why we do certain movements

Exploration & Application of Concepts

- Begin with taking some deep breaths
- (1/2) stretching time on the ground
- (1/2) jumping jacks, wiggling, getting whole body involved
- (3/4) standing on the spot I want to reinforce what we did last time by asking the students what they remembered
- (3/4) Reinforcing the full body movement by having them revisit some previous prompts and going fuller out and trying something new
- (5) Start making some dance positions from the positions we learned last time
- (6) FREEZE DANCE! + scarves

Post-class Reflection