

Lesson Plan 4

Lesson Date: 3/22/2018 **Class Age/Level:** 4-5 yo Day Care **Teacher Name:** Ms. Emily

Objectives

After this lesson, students will:

- Have more experience with full body movement.
- Have improved coordination with their own bodies as well as coordination in a group.
- Develop a better sense of spatial awareness.
- Begin to work on unity and the elements that go into dancing as a group.
- Be able to apply this to begin dancing as a group in unison.

Materials

Music playlist, enough markers for each student for the floor (printer paper)

Methodology

Improv, discussion, phrasework, groupwork, imagery via technology

Introduction of Concepts

- Show a video of the groups of sparrows all flying together.
 - This is a great image that shows how effective moving together can be. No one is running into anyone else, everyone is dancing fully, and great for practice in future group work.
- Do exercises that have the students watch each other by incorporating some flocking exercises and having each student show their favorite dance move.
- Explain why dancing together is important, but definitely not the only way we have to dance.

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
 - At the end of the unit, I want to encourage students to make movements as big as they can
- (3/4) standing on the spot I want to reinforce what we did last time by asking the students what they remembered
 - Dance positions
 - Dance movements
- (4) Reinforcing the full body movement by having them revisit some previous prompts and going fuller out and trying something new
 - Ask the students how they can combine some of these things into their own little dance
 - Introduce unity by having the students toss a tennis ball around the circle to get them to see their friends and work on some hand-eye coordination.
- (5) Giving students a short combination that we can do in the circle to get them looking at each other to dance together
 - Using the positions and movements that we've been working on
- (6) FREEZE DANCE! + scarves
 - Encouraging the students to keep exploring full body movement and incorporating positions and movements we have been working on this unit.

Post-class Reflection

- Keep an eye on the clock for this lesson
- Come up with more classroom management games to keep the children engaged throughout the class.
- Bring in other objects to toss around the circle (heavier and lighter objects)
 - beach ball
 - tennis ball
 - balloon
 - fill a balloon with sand