

# Lesson Plan 1

**Lesson Date:** 4/11 **Class Age/Level:** 4-5 yo Day Care **Teacher Name:** Ms. Emily

## Objectives

After this lesson, students will:

- Be introduced to the established structure of the class.
- Be introduced to ideas of full body movement, what it is, what it looks like, what the possibilities are.
- Be introduced to ideas of coordination.
- Be focused and paying attention.
- Be able to apply this to begin dancing as a group in unison.

## Materials

Speaker, music, paper cut out shapes for the floor markers

## Methodology

Games, follow along, group work, improv

## Introduction of Concepts

- Full body movements done by doing warmup game
- Coordination being introduced with games of arms and legs
- Looking at unity by playing freeze dance

## Exploration & Application of Concepts

- Taking some deep breathes to start
- (intro) Begin in a circle on the floor, getting to know you circle. With a tennis ball the person with the tennis ball says their name and favorite color, then say I'm going to roll the ball to... the next person does the same thing. If we still need to break the ice we can do this again but making a shape that is their favorite color.
- (1) Stretching time on the ground (reaching to the toes, reaching to the sky, reaching one way and the other way) lots of repetition
- (2) Jumping jacks, wiggling, and getting everything involved.
- (2) standing on the spots we can jump from spot to spot. Go back to our spot and then jump over it a few times.
- (3) Standing on spot I want everyone to try moving like certain animals (how does a tiger move? how does a turtle move? what about a bunny? or a sloth?)
- (4) I would want everyone next to start to listen to the music that I would play on the speaker and dance like the music that they hear (how would you dance to really loud music? Or oh you all have to listen to the softer music?)
- (5) How would a bunny dance to slow music? How would a sloth dance to fast music?
- (6) FREEZE DANCE!

## Post-class Reflection

- Bring more shapes and a louder speaker