



WEEKLY LESSON PLAN

45-minute D&P 3-5 yrs class - 11/1/21 (Flexibility)

[playlist link here](#)

Class sections	D&P 3-5 yrs	D&P 2-4 yrs
BrainDance (5 min)	Seated in a circle	
Gross motor / warm-up (5min)	Tippy Toe & stop	
Creative movement – prop (5 min) Free dance	Combine 3 props scarf, bean bag, cones song - Can You Feel It	
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Introduce/practice pivots one jump ahead as background music Run # 1 time top to bottom	
Performance line up	Weight change rocking and step touch over the poly spot. Mickey Mouse Clubhouse	



WEEKLY LESSON PLAN

Meditation / starfish (3-5 min) Connect with each student	Easy on Me	
Creative movement – prop (5 min)	Noodle Freeze dance Hips Don't Lie	
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	March/BalancePath/March/Tunnel 4 instructions	March/ BalancePath 2 instructions
Stretching (5 min) Cool down	Splits- 2nd and 4th Yoga block bridge, each dancer needs 2 blocks	
Good-bye & stamp/sticker (3 min)	See you later alligator as background music, Halloween stamp	