



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles: Flexibility | Featured Dance Style: Musical Theatre

[playlist link here](#)

Class sections	D&P 3-5 yrs
BrainDance (5 min)	Seated in a circle
Gross motor / warm-up (5min)	Tippy Toe & stop
Creative movement – prop (5 min) Free dance	<ul style="list-style-type: none">• Combine 3 props scarf, bean bag, cones• Song - Can You Feel It
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	<ul style="list-style-type: none">• Introduce/practice pivots• One jump ahead as background music• Run number 1 time top to bottom
Performance line up	<ul style="list-style-type: none">• Weight change, rocking, and step touch over the poly spot.• Song: 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
Stretching (5 min) Cool down	<ul style="list-style-type: none">• Splits- 2nd and 4th• Yoga block bridge, each dancer needs 2 blocks
Good-bye & stamp/sticker (3 min)	<ul style="list-style-type: none">• See you later alligator as background music• Halloween stamp

NOTES SECTION (What worked? What didn't work? Reminders for next class)