



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles: Flexibility | Featured Dance Style: Musical Theatre

Class sections	D&P Age: 3-5 yrs. TRANSPORTATION THEME PlaylistLinkHere
BrainDance (5 min)	In a circle / add scaly little lizard
Gross motor / warm up (5min)	Red Light, Green light! Gross motor in a circle - follow cues in lyrics for speed.
Creative movement – prop (5 min) Free dance	Route 66 - free dance with circle hoops or spots as steering wheels
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Finish any new choreography. Emphasize ending pose Connect to the theme with magic carpet ride. Playlisted friend like me to sequencing but you will need the edit at this stage. Found on slack D& P channel. Run number top to bottom. Ask the dancers if they are on the tape at the end to revisit staying in one spot. FriendLikeMe
Move with a prop/Gross motor	Scarf - Magic Carpet ride
Meditation / starfish (3-5 min) Connect with each student	Leaving On A Jet Plane
Creative movement – prop (5 min)	Noodle freeze dance - Levitating
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	Chugs - Train/ Roll - wheel/ arms stretched stable (wings) - airplane 3 sides to travel then back to audience Background music - Fly Away
Action song/ brain break	Chugga Chugga Choo Choo - make a train together as a team connected at the shoulders. Reminders slow pace, small chug steps,
Stretching (5 min) Cool down	Rocket ship - Rocket ship run Astronaut in the ocean - Clean version - Frog stretch, lay on belly and feet together in butterfly stretch shape - to help the dancers hold you can count, clap feet together, lay head down and pretend to sleep.
Good-bye & stamp/sticker (3 min)	Good bye, so long, farewell - Hap P.