



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. SHOW PREP/ STRUCTURE CRESCENDO <a href="#">Playlist link here</a>
BrainDance (5 min)	In a circle - sprinkle in show arms/images
Gross motor / warm up (5min)	Highway Number One - travel around the room in a circle
Creative movement – prop (5 min) Free dance	Pon De Floor - free dance with a ribbon, shape copy for freezes - pick a dancer's shape and the students copy that shape. I draw attention to details and see if they can imitate.
Body Parts	Clap Your Hands - show line up body parts and action song
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Run full number - go over any new choreo left to introduce
Move with a prop/Gross motor	Trashin the Camp - use the song for free dance - (for the show it will be for patterns on a tape. Exposing them to the song with a different use for memorization and familiarity.)
Meditation / starfish (3-5 min) Connect with each student	Wish You Well -
Creative movement – prop (5 min)	Noodle freeze dance - We out here (show entrance song. Show use will be marching. Using the song in different ways for increased exposure.)
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	Taking Turns Background music - Desire March entrance wave to mom and dad in the window and then to a tape
Action song/ brain break	Sweet Home Chicago - Focus: weight change, rocking, step touch, step cross
Stretching (5 min) Cool down	Baby Shark Breakbeat - change stretch shape for each family member



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Good-bye & stamp/sticker (3 min)	Namaste song closing background music
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