



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 add scaly little lizard
Gross motor / warm-up (5min)	"Rockin @ the zoo"
Creative movement – prop (5 min) Free dance	"Into the wild" - 2 ribbons. Ribbons are wings
Isolations	"Hello Hippopotamus"
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Run # 1 time top to bottom emphasize the animals in Aladdin - Abu
Move with a prop/Gross motor	Frogs & Lily pads "LittleGreenFrog"
Meditation / starfish (3-5 min) Connect with each student	Wild horses



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Creative movement – prop (5 min)	<ul style="list-style-type: none">• Noodle Freeze dance• “Celebrate” - Penguins of Madagascar.• Freeze like a penguin statue
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	<ul style="list-style-type: none">• Blue spot - spout like a whale• Black spot - bear crawl black bear• Purple spot - sloth pace super slow (tough toes and up again)
Action song/ brain break	Slippery fish
Stretching (5 min) Cooldown	Lay on back supine splits- direction legs related to the pelvis
Good-bye & stamp/sticker (3 min)	

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



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