



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles:

Featured Dance Style:

Class sections	D&P Age: 2-4 yrs PLAYLIST LINK HERE
BrainDance (5 min)	In a circle in the center of the room
Gross motor / warm up (5min)	Wiggles Freeze dance Sticky Sticky Bubble Gum
Creative movement – prop (5 min) Free dance	“How Far I’ll Go” - Moana Free dance with ribbons
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Trashin the Camp - show line up (patterns)
Performance material: more time here! Show week	Baby Shark Breakbeat - size and level change
Featured Dance -	Friend Like Me - all the way through - use edit on slack
Freeze Dance – prop (5 min)	“Its De-Lovely” - noodles for props
Stretching (5 min) Cool down	“I am a Pizza” - hamstrings - use circle spots. One for each dancer - Charlotte Diamond version
Good-bye & stamp/sticker (3 min)	“Goodbye Farewell”