



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles:Flexibility

Featured Dance Style: Musical Theatre

Class sections	D&P Age: 3-5yrs. LINK TO PLAYLIST HERE
BrainDance (5 min)	In a circle, short and sweet, 5 min or less.
Gross motor / warm up (5min)	Bear Crawl in a circle around the room. Dancers moving one direction.
Creative movement – prop (5 min) Free dance	Le Festin - free dance kite 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)	Ending pose for Friend Like Me during freezes Bounce Back
Stretching (5 min) Cool down	Head Shoulder Knees and Toes - Hamstrings (Lisa Loeb version) Hold downward dog - mountain is a great image - Leah Counts to 10 (I added this 3 times in case you want to repeat)
Good-bye & stamp/sticker (3 min)	See You later Alligator -