



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles: Flexibility Featured Dance Style: in between seasons

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)	"If You're Happy and You Know It" "Dinosaur Stomp"
Creative movement – prop (5 min) Free dance	Free dance with a paint brush - use a noddle and scarf in the center hole "Some Things Never Change"
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Ballet Basics to introduce - "Gallops"
Meditation / starfish (3-5 min) Connect with each student	"You Are the Reason"
Freeze Dance – prop (5 min)	Bean bag - "Colombia, Mi Encanto"
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	Tunnel & mat for stretch Catch feet - 1 @ a time Incredibles - Chill or be Chilled, Pow Pow Pow
Stretching (5 min) Cool down	"Little Bitta You" Upward dog -



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Good-bye & stamp/sticker (3 min)	Heartlines -
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