



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles: Flexibility

Featured Dance Style: in between seasons/shows

Class sections	D&P Age: 3-5yrs PLAYLIST LINK HERE
BrainDance (5 min)	In a circle in the center of the room Add scaly little lizard
Gross motor / warm up (5min)	"Stand Up, Sit Down"
Creative movement – prop (5 min) Free dance	"Fireflies" - bean bags
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Ballet basics to introduce next seasons discipline - "Ballerina Walks"
Meditation / starfish (3-5 min) Connect with each student	"Green Mountain State" Try child pose for this round - image of a rock
Freeze Dance – prop (5 min)	Noodle Freeze dance - "Gimme Some Lovin"
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	Balance path, River rocks, mat for stretch Catch feet quad stretch - prep for basket "Meant to Be" (background music)
Stretching (5 min) Cool down	Upward dog Try adding legs for basket All together in center - "Hawaiian Roller Coaster Ride"



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Good-bye & stamp/sticker (3 min)	LAST CLASS OF THE YEAR - reminders for parents about company closure
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