



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles: Flexibility

Featured Dance Style: Musical Theatre

Class sections	D&P Age: 2-4yrs LINK TO PLAYLIST
BrainDance (5 min)	Short sweet, move through fast, less choices
Gross motor / warm up (5min)	"Elmo Slide"
Creative movement – prop (5 min) Free dance	"Seve" - free dance with a scarf
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	Marching Entrance - one at a time "We Out Here" Maybe try with parents creating an audience area ?
Show line up- Sweet home chicago	Weight change - rocking, step touch, step cross, ball change
Show line up - Clap your hands	Action song, body parts
Featured Dance - Friend Like Me	All the way through the song using edit
Freeze Dance – prop (5 min)	Noodle Freeze dance - "Fly"
Stretching (5 min) Cool down	"Stretch Break"



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Good-bye & stamp/sticker (3 min)	"Goodbye Song" - Yo Gabba Gabba
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