



WEEKLY LESSON PLAN

45-minute D&P Lesson Plan

Motor Muscles: Flexibility

Featured Dance Style: Musical Theatre

Class sections	D&P Age: 3-5yrs Playlist Link Here
BrainDance	Short & sweet, less choices, move though in 5 min or less
Gross motor / warm up	Jumping Jack
Creative movement – prop Free dance	Free dance with a ribbon- Never Gonna Let you Go
Entrance- show line up	Entrance - marching wave out the window and find tape.
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 - Run number.	All the way through the song using edit
Free dance	Noodle as prop Tightrope
Stretch, Good-bye, stamp/sticker	Downward Dog hamstrings (Together)