

Day One - Lesson Plan on Place (Self Space)

Target Audience: 3-5 (Pre-K)

Space: gym

Length of Time: 20 - 30 minutes

Materials: drum and stick, CD player, see music and prop list below

<u>Introduction to the Space</u>	<u>Duration</u>	<u>Music</u>
Down By the Station	4 minutes	Songs for Dancing #1

Name all the train cars. Teach arms. Teach legs. Teach arms and legs together. Teach whistle sound. Move the train to the circle. End in a circle, sit Ready Position.

<u>Introduction to the Group</u>	<u>Duration</u>	<u>Music</u>
Hello Song (Zipper Song)	3 minutes	<i>Hello Song from Music Together</i>

Hello Everybody, so glad to see you. Hello to the teachers. Hello to the boys. Hello to the girls. Hello to our bodies. To our ears. To our eyes. (Sing each phrase 2 times)

Teach two tools: Concentration and Body Control.

<u>Warm Up</u>	<u>Duration</u>	<u>Music</u>	<u>Props</u>
Drum talk	5 min	live	drum/stick

See *Select Activities* for detailed description.

<u>Concept Introduction</u>	<u>Duration</u>
CONCEPT: PLACE	2 minutes

1) Show the concept
SELF SPACE - STAY IN ONE PLACE. All say
Point out *EMPTY SPACE. Look for the empty space where you can move your arms and legs.*

Transition: Stand Tall One and All. Open the circle.

<u>Exploring the Concept</u>	<u>Duration</u>	<u>Music</u>
Do Your Own Dance	4 – 7 minutes	Songs for Dancing #9, drum/stick

For this dance we will move in self space and make low and high shapes.
Let's practice our shapes. Make a small, low shape. Stretch to a big tall shape. Pull in small, like a little ball to a small, low shape. Stretch out again.
Now let's practice our actions in self space and freeze in between, using the drum to help up freeze, like we did in Drumtalk. Show me *jump* in self space. Freeze! Repeat with several actions from the song. (twist, hop, turn/ step-hop, melt, pop/).
At the end of the song we are going to fly from high to low. How shall we do that? Stretch our wings, balance on one leg, spiral down. All practice.

Stay in self space to do this dance. See *Songs for Dancing* book for details.
Sit Ready Position. Do Mountain Breathing.

Teach two tools: Imagination and Memory. We imagined we were big, quiet mountains.
Let's use our memory to remember some things we did in **Do Your Own Dance**.
Optional: Repeat the dance and Mountain Breathing.
Use Memory to remember a few more things we did in the dance.

Review: Self Space Stays in one Spot!
Review other elements from class

If time:	Activity	Duration	Music
	Resting	4 min	Songs for Dancing #38

Children lie down around the circle line. Give adjustments and suggest relaxation imagery.
Come out of resting for a final Mountain Breath.

Activity	Duration	Music
Closure	2 minutes	Songs for Dancing #1

Reviewed what we did, what we liked, what we remembered. Take the train back to the shoes/door OR float like clouds to the door or tables (in the classroom) by clothing colors.