

Day Three - Lesson Plan on Direction

Target Audience: 3-5 (Pre-K)

Space: gym

Length of Time: 20 minutes

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

<u>Enter the Space</u>	<u>Duration</u>	<u>Music</u>
Down By the Station End in a circle, Sit Ready Position	6 minutes	Songs for Dancing #1

(If in the room, gather on the carpet to begin) **Hello Song. Drumtalk.**

<u>Warming Up</u>	<u>Duration</u>	<u>Music</u>
Gentle Warm up	7 min	AlphaBeat #3 -6

Review stretches, twists and circle and swing from last lesson.

Do with music.

<u>Introduce the concept</u>	<u>Duration</u>
Direction	2 minutes

See, Hear, Say and Do

Forward, Backward, Side to side, up and down

<u>Explore</u>	<u>Duration</u>	<u>Music</u>
The More We Are Together	5 minutes	AlphaBeat #2, voice

“I model, you copy.” Seated.

For “the more we are together” Sway side to side.

For “for your friends are my friends” swing arms forward and back.

All do. Standing, repeat.

Do side to side sway facing around the circle line.

Do forward back swings facing circle center.

The song includes a musical interlude for guided improvisation:

Add: ‘butterfly’ hands up and down.

Add: Dance in self space, turning one way, and the other.

Then return to “for your friends are my friends” swing arms forward and back and end with “the more we are together” sway side to side.

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
Closure (Instrumental)	2 minutes	Songs for Dancing #1 or #22

Point in all the directions. Review what we did. (Train to “shoeville.”)