

## Day Four - Lesson Plan on Direction

**Target Audience:** 3-5 (Pre-K)

**Space:** classroom

**Length of Time:** 20-25 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>
<b>Down By the Station</b>	<b>4 minutes</b>	<b>Songs for Dancing #1</b>

### Welcome Song (with visual supports)

<u>Warm Up</u>	<u>Duration</u>	<u>Music</u>
<b>Stretch, Bend, Twist, Circle, Swing</b>	<b>3 min</b>	<b>AlphaBeat #3-6</b>

<u>Review Concept &amp; Activity</u>	<u>Duration</u>	<u>Music</u>
<b>Direction</b>	<b>4 minutes</b>	<b>Alpha Beat #2, voice</b>

See, Hear, Say and Do Review: Forward, backward/ up, down/ side, side.

Review and Do: **The More We Are Together**

<u>Explore</u>	<u>Duration</u>	<u>Music</u>
<b>Bongo</b>	<b>3 minutes</b>	<b>Songs for Dancing #18 and Brain Bop #11</b>

An improvised dance/game done in a circle.

One person goes into the middle of the circle, demonstrates a simple move, and everyone on the circle edge copies it. When that person exits the circle, another person goes in.

Examples:

- Jump
- Step, Kick
- Bounce and turn
- Hop, Kick
- Invent your own!

Optional: Teach through the lens of the concept. (For this, emphasize movement that goes up and down, or side to side, or forward and backward)

*Note: You can put down a yoga square or polyspot to indicate place for dancer. Can have 2 spots and 2 go in at the same time. Outer circle can copy moves done by one or both of the dancers in the circle.*

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
<b>Resting</b>	<b>4 min</b>	<b>Songs for Dancing #38</b>

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

<u>Activity</u>	<u>Duration</u>
<b>Closure</b>	<b>2 minutes</b>

Reviewed what we did and concept of the day. (Take the train to the door).