

Day Five - Lesson Plan on Level (& 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>Introduction to the Space</u>	<u>Duration</u>	<u>Music</u>
Down By the Station	4 minutes	Songs for Dancing #1

The More We Are Together as “Hello” activity **AlphaBeat #2**

<u>Warm Up</u>	<u>Duration</u>	<u>Music</u>
Stretch, Bend, Twist, Circle, Swing	4 minutes	AlphaBeat #3-#6

“Do Your Own Dance” as circle dance taking turns! **Songs for Dancing #18**

<u>Intro and Review Concept</u>	<u>Duration</u>
Level (Direction)	2 min

Introduce Level: High and Low. Review Direction.

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
Little Birdies	7 minutes	Songs for Dancing #19

Activity Basics:

Model the sleeping birdie shape: knees down, seat on feet, nose to knees.

Everyone does this.

Look up! When the grown up bird taps you on the back, that means, “Wake up, little birdie!”

Now sit ready position.

Model the three characteristics of flying, around the outside of the circle.

Kate says: You’ll be the watchers and I’ll be the doer.

I’m going to show you how the birdies fly. First, watch my wide wings. (Model outstretched arms, not flapping.)

Next, watch my brushing-back feet. You try to spank your bottom with your toes. (Model the spanking run; feet brush off the floor, swiping back on every step, toes try to spank your bottom)

Last, watch how I keep my center light and buoyant.

Return to your place in the circle.

Stand Tall One and All. Let’s practice. We’ll fly once around and stop when we get back to our starting spot.

Children fly once around, return to the circle, and sit Ready Position.

Stand in the middle of the circle and do a “come here” gesture with your hands. *What does this mean? Come here!*

I’ll come back to the nest a little before you. When you see the “come here” gesture, turn, fly back to the nest, and go to sleep.

Model flying straight in, and going back into the sleeping shape.
Now, go to sleep little birdies.
Perform the dance.

Going Further

Students must commit to rules for safe flying and returning to the nest. Hold the hand of the student that feels he/she cannot comply, or allow that student to sit out and watch once.

While flying, swoop down on unsafe fliers, hold their hand and fly with them.

Rules for Safe Flying

Fly in the line of direction that the grown up bird indicates through gesture.
Use the spanking run, and body control.

Rules for Returning to the Nest

Fly safely back to the nest; come in to the nearest place when the grown up bird gestures “come here.”

Consequences

Students who cannot fly safely may be ‘bird watchers,’ sitting out and using their ‘binoculars’ to watch. This is not a punishment, but an alternative, and a chance to see how the activity is done.

Review of the sequence

Begin in the birdie body shape when sleeping. Wake up when you are tapped. Rise and fly when the grown up bird gives the signal. Use the spanking run. Come back to the nest and go back into your sleeping shape.

Two Groups

You can also have two groups – bird watchers and birds – and trade.

Reflection: When did we go up? Down? Forward? When were we high? Low?

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
Resting	3 minutes	Songs for Dancing #28

Review and Train to door **Songs for Dancing #22**