

# TODDLER/PARENT CLASS LESSON PLAN

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**Class: Creative Movement**

**Concept: Space**

**Age: 2-5 yrs**

**Time: 1 hr**

**Warm Up** - 5 minutes

**Brain Dance** - Follow the prompts below to jump start your dance practice!

**Breath** - Flap your big butterfly wings - inhale when your arms come up and exhale as your arms fly down.

**Tactile** - Brush away those sillies! Imagine you are a statue, and begin to brush all the dust off of your body. Don't miss a spot!

**Core-Distal** - Touch the sky! Reach your arms out as big as you can. How much space you can take up? Then, bring your arms and knees together to see how small you can get!

**Head-Tail** - Bring your hands and knees to the floor. Meow like a cat while dropping your head and look towards your belly. Now, eyes up to the sky and moo like a cow.

**Upper-Lower** - Glue your feet to the ground and wave your hands in the air like no one cares! Glue your arms to your side and stomp your feet fast.

**Body-Side** - Draw an imaginary line down your midline. Freeze one half, and shake the other half. Do not forget the other side!

**Cross-Lateral** - Reach your arms up to the sky (star pose). Glue your right arm to your left knee. See how long you can balance! Repeat with the opposite leg and arm.

**Vestibular** - Spin around three times with arms in airplane. Freeze! Take your finger and touch your nose so you are not dizzy.

**Introducing Concept of the Day** - 8 minutes

**Space: Self vs. General**

Spacial awareness is an important skill to introduce to tiny movers! Put on some tunes because it's time to freeze dance! Allow the dancers to move and groove, but when the movement stops instruct the students to freeze alternating between a "self place" and connecting with a partner.

**Activity 1** - 15 minutes

**Pathway/Direction**

Obstacle course adventure time! Three dots are placed on the floor for a three station obstacle course. On dot number one, dancers will jump three times to demonstrate the direction of up and down. From dot one to dot two, dancers will march in a curved pathway. On dot number two, dancers will point backwards demonstrating the backwards direction. From dot two to three, dancers will walk on relevé (tippy toe walks) with their arms in airplane (second position) in a zig zag pathway. On dot three, the dancers jump and say, "all done". It is helpful to place cones or smaller dots in a zig zag/curved formation to help the dancers understand these pathways.

### **Story Break** - 5 minutes

This is the story time portion of class, and a time for dancers to recharge. As dancers lay in a constructive rest position, the instructor reads a short story and prompts dancers to create this visual in their minds. To keep the dancers engaged, prompt them to repeat the noises you make that connect with the story. For example if a dog is the main character, have all dancers bark when the dog is mentioned.

### **Activity 2** - 10 minutes

#### **Levels - High, Medium, Low**

This activity is called Elevator. Dancers will spread out in general space facing towards the instructor. The instructor establishes that everyone is on an elevator starting out on the first level. The instructor "presses" the elevator buttons, and each time the class travels to a new level. For the basement level, dancers bend in plié all the way to the ground. On the second level, the dancers will go on relevé. After dancers start to begin to understand high, medium and low levels, change levels at a faster speed. For added difficulty, have dancers make a different shape on the high, middle, and low levels.

### **Performance** - 15 minutes

#### **Picture Dance**

Each dancer gets a notecard and a marker to draw shapes and pathways. The dancers will be instructed to make a dance using inspiration from their cards. When they see a line, they must walk the pathway of the line. When they see a shape, they must create that shape with their bodies. The dancers will all perform their new choreography together with the help of the teacher and some fun tunes! (Dancers may dance with their notecard, so they can remember their choreography.)

### **Cool Down** - 2 minutes

#### **Goodbye Dance**

End class with a goodbye song. One last lead/follow dance to jam out to! (My favorite is "Baby Shark".)