



*Weekly Lesson Plan*

<b>Class Level:</b>	<b>Class Length:</b>	<b>Month 1:</b>
<b>Instructor:</b>	<b>Class:</b>	
<b>Objectives:</b>		
<b>Movement Concepts:</b>		
<b>National Standards:</b>		
<b>Music:</b>		
<b>Props:</b>		
<b>Optional Props:</b>		
<b>Supplies:</b>		
<b>Full Color Visuals:</b>		
<b>Coloring Sheets for Handout:</b>		
<b>Video Training:</b>		
<b>Teacher Notes:</b>		
<b><i>Pre-Class Activity</i></b>		
<b><i>Class Beginning</i></b>		

<b>Warm-Up</b>		
<b>Center Barre</b>		
<b>Center Work</b>		
<b>Across the Floor</b>		
<b>Creative Movement</b>		
<b>Class Ending</b>		
<b>Teacher's Notes:</b>		