



Weekly Lesson Plan

Class Level:

Class Length:

Month 1:

Instructor:

Class:

Objectives:

Movement Concepts:

National Standards:

Music:

Props:

Optional Props:

Supplies:

Full Color Visuals:

Coloring Sheets for Handout:

Video Training:

Teacher Notes:

Pre-Class Activity

Class Beginning

Warm-Up

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Center Barre

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Center Work

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Across the Floor

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Creative Movement

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Class Ending

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Teacher's Notes:

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