



Beverly's Weekly Lesson Plan

Class Level: 5-Year-Old	Class Length: 60 Minutes	Week 15
Instructor:	Class:	
Objectives: Dance from Other Countries; Relationships to Others; Musical Awareness; Class Etiquette & Format; Taking Turns; Working with Others; Listening Skills; Following Directions; Impulse Control; Language Development; Motor Coordination; Introduction to Pre-Ballet		
Movement Concepts: Flow; Weight; Energy; Pathway; Direction; Speed; Size; Opposites and Same; Level; Place; Body Awareness;		
National Standards:		
Music: <i>Kids 2; Enchanting; The Nutcracker</i> Ballet Excerpts – Spanish Dance, Arabian Dance, Russian Dance, & Chinese Dance		
Props: LNL Mats; LNL Scarves		
Optional Props: Blue Painter's Tape; DK Publishing Book <i>Dance</i> by Dr. Andrée Grau		
Supplies: Roll Book; Lesson Plan; Music CDs/Playlist; Full Color Artwork Visuals; Coloring Sheet Handouts; Stickers		
Full Color Visuals: Chinese Dancer		
Coloring Sheets for Handout: Chinese Dancer		
Video Training: Refer to Video: LNL 5: Week 15 for complete explanation and demonstration of this lesson plan		
Teacher Notes: <ul style="list-style-type: none"> Lessons on dance from other countries will continue with the addition of Chinese-style dance. The dancers will also continue focusing on Russian-style, Arabian-style and Spanish-style movement. Be sure to talk with the dancers on the differences between these various types of movement. If possible, show the dancers a video of the Chinese variation from the ballet <i>The Nutcracker</i> so they can view the quickness of the choreography. There will be exercises that repeat from last week along with the addition of brand-new patterns or completely new exercises. All new activities will be marked with *** to easily help you know that this is new information. This week we will be using the <i>Kids!</i> CD, <i>Enchanting</i> CD, and music from the ballet <i>The Nutcracker</i> for class. If you do not have a CD of <i>The Nutcracker</i>, each individual music selection, (Spanish, Arabian, Chinese, and Russian variations) can be purchased on iTunes for 99 cents each. It will be impossible to cover everything presented in this lesson plan if your allotted class time is less than 60 minutes. 		

Pre-Class Activity

Approximately 10 minutes prior to the start of class, ask the student assistant to gather children near the studio door. Give ***Ready for Class Reminders*** such as dressed for class, hair pulled back, and going to the potty. Read a story book to the dancers while waiting for all dancers to arrive and for class time to begin. Keep the children engaged with smiles and questions. If this is the first class of the day, pre-class activity can take place inside the studio.

Class Beginning

Welcome	<ol style="list-style-type: none"> 1. Gather dancers from waiting area and invite them into the studio 2. Ask dancers to sit in a circle formation near the stereo 3. Teacher will sit on floor with dancers and student assistant will sit directly across from the teacher 4. Call roll and greet each dancer with a warm welcome. 	
Etiquette Reminders	<ol style="list-style-type: none"> 1. Take time to review these very important reminders. Ask the dancers to repeat the positive behavior reminders back to you. <ol style="list-style-type: none"> a. Eyes and ears on the teacher b. Keep hands to self c. First time listener d. Talking only when called upon e. Never leaving the studio building by themselves f. Never touching the barres or mirrors g. Being kind to your partner while waiting and dancing 2. If you are using a positive behavior sticker reward system, remind dancers that by remembering and following the Dancer Manners listed above throughout class will result in a special sticker at the end of class. LNL refers to this as "How do you get a sticker by your name?" 	
Beeper Time	<ol style="list-style-type: none"> 1. For beeper time – allow about 12 seconds per dancer and ask the dancers a question where they will have to tell a story or relay information. It is fine to prompt a child that is having difficulty sharing with a question. 2. It is important for the assistant and the teacher to also share their story. 	

Warm-Up

Setting up for Warm-Up	<p><i>***Moving to Dance Space</i></p> <ol style="list-style-type: none"> 1. ***Before standing, show the dancers the full color images of the Spanish, Arabian, Russian, and Chinese dancers. Discuss how the costumes are different. Ask the dancers to tell you what they remember about the different styles of dances they previously studied. 2. Ask dancers to stand in share time circle. 3. ***Explain to the dancers how the Chinese dance from <i>The Nutcracker</i> is very quick with lots of quick runs and jumps and how the arms are held to the side with their pointer finger aiming upward. 	<p>***Refer to video for clarification of movements.</p>
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	<ol style="list-style-type: none"> 4. ***While remaining in place, have the dancers bourrée very quickly in place while holding their arms like goal posts with their pointer fingers aiming upward. Ask the dancers to plié in parallel to rest. 5. ***Now, ask the dancers to travel to the center of the dance space as they bourrée very quickly with their arms in goal post position. 6. Once the dancers reach the center, ask them to stand and gently hold hands with their neighbor as they form a circle. Once the dancers are spread out enough in their circle formation, ask them to place their hands on their hips. 	
<p>Warm-Up Exercise #1: <i>Kids! 2</i> CD Track #1; Circle Dance & Claps; 3:55</p>	<p><u>***My Turn Around the Circle and Dancer Claps: Chinese Dance</u></p> <ol style="list-style-type: none"> 1. Ask the dancers to sit like a dancer in the center of the dance space. 2. ***Today the dancers will explore the concept of energy as they travel around the circle and bow as an Chinese-style dancer. 3. ***The teacher will begin by standing in parallel facing inside of circle, arms will port de bras from en bas, 1st position, 5th position and lower to 90-degree angles creating a goal post position with pointer fingers aiming upward. Rise to demi-pointe, bourrée turn, and finish in plié parallel facing direction the dancer will be traveling around the circle. Travel around the circle Chinese-style by quickly running on demi-pointe or performing parallel bourrées with arms remaining in goal post position with pointer finger aiming upward. Once the teacher has returned to starting position, bow signaling for the next dancers to stand and repeat the same movements. 4. This repeats until everyone has had a turn traveling around the circle. 5. Continue with crossbody tapping and clap sequences until the music ends 	<p>***Refer to video for clarification of the movements described during this exercise.</p>
<p>Warm-Up Exercise #2: <i>Kids 2!</i> CD Track #2; Snuggle & Stretch; 2:08</p>	<p><u>Snuggle, Stretch, and Port de bras</u></p> <ol style="list-style-type: none"> 1. Ask the dancers to hug their knees while tucking their head into their knees pretending to be a very small ball. Ask them to make their body into a tight small shape as they hide their eyes in their knees. (cts 1-4) 2. Ask the dancers to slowly open their tucked position and gracefully get bigger and bigger as they pretend to be a flower opening for the first time with their legs extended in front and arms over head. Ask the dancers to gently sway their bodies as they move their arms just like you. (cts 5-8) 3. Repeat #1, #2, (cts 1-8) 4. Port de bras middle (1st); overhead (5th); open side (2nd); sway arms forward as the body reaches forward and open arms as chest lifts up toward ceiling; (1-8) 5. Repeat #4 (1-8) 6. ***Dancers cross their arms across their chest rolling back to create straight line on floor. Snuggle pulling legs into chest as arms hug knees as head tucks in (1-4) 7. Slowly open body into X position stretched out on floor. (5-8) 8. Repeat #6, #7 (1-8) 	<p>Repeat exercise as performed last week.</p> <p>This exercise will first be performed in a seated position and repeated with the back remaining on the floor in a lying position.</p> <p>Discuss with the dancers how to open their arms and legs while lying on their back to draw angel shapes in the snow.</p>

	9. Perform port de bras while lying on back; 1 st , 5 th , 2 nd (1-4) 10. Make snow angels until music end. (5-8)	
Warm-Up Exercise #3: <i>Kids 2!</i> CD; Foot & Ankle Stretches; Track #3; 1:19;	<u>Flex & Stretch of Feet:</u> 1. Ask dancers to stretch their legs out in front of them; brush over them as if getting the wrinkles out; pretend to glue them together; and tie the ankles with a bow. 2. Flex both ankles reaching toes to ceiling (1-4); slowly and smoothly stretch ankles pointing toes to center circle (5-8) 3. Repeat #2 two more times (1-16); 4. Little downward brushes across thighs all the way down as far as the dancers can reach (1-8) 5. Repeat #2, #3, & #4 (32 cts) 6. Alternate flexing and stretching ankles 4 times (1-16); 7. Reach right arm across to left outside thigh brushing 4 little, quick, downward brushes (1-4) 8. Reach left arm across to right outside thigh brushing one long slow brush (5-8) 9. Reach left arm across to right outside thigh brushing 4 little, quick, downward brushes (1-4) 10. Reach right arms across to left outside thigh brushing one long slow brush (5-8) 11. Repeat #6 - #10	Repeat exercise as performed last week. <u>Story During Exercise:</u> Two little chipmunks are hiding in a hole. When feet flex, the two little chipmunks are peeking out of the hole; when stretching the feet, the chipmunks are hiding down in the hole; when brushing the legs, a little doggie is digging in dirt and covering up the hole.

Center Barre

	<u>Moving from circle formation to line formation</u> 1. Give step by step instruction for the dancers to <ol style="list-style-type: none"> turn their bodies to face you move to form one line of dancers if necessary, every other dancer will step backward to form two lines spread out with a fingernail test 	Ask the dancers to move to line formations without any guidance from you.
Center Barre Exercise #1: <i>Kids 2!</i> CD; Plié; Track #9; 2:29	<u>Pliés & Arabian Style Port de bras with Scarf</u> 1. Give each dancer a scarf to hold in their right hand. Ask them to place their feet together in parallel and place their arms en bas 2. 2 parallel demi-pliés as arms open to demi-seconde and return to en bas as the knees straighten; arms gently open to demi-seconde and return en bas with each plié and stretch 3. Extend right arm to demi-seconde and lifting scarf 3 times – small movement; medium movement; and large movement; change the scarf overhead to the other hand and then lower arms back to en bas 4. 2 parallel demi-pliés as arms open to demi-seconde and return to en bas as the knees straighten; arms gently open to demi-seconde and return en bas with each plié and stretch 5. Extend left arm to demi-seconde and lifting scarf 3 times – small movement; medium movement; and large movement; change the scarf overhead to the other hand and then lower arms back to en bas 6. Rotate legs to 1 st position	Repeat exercise as performed last week. Before beginning exercise, review with the dancers how to perform a correct grand plié in 2 nd position. Things to point out are: knees and toes remain facing the same direction throughout the bending and stretching of the legs, the back remains vertical, never lower past the level of the knees, the heels

	<ol style="list-style-type: none"> 7. 2 - 1st position demi-pliés as arms open to demi-seconde and return to en bas as the knees straighten; arms gently open to demi-seconde and return en bas with each plié and stretch 8. Right Arm Port de bras: Extend arm through demi-seconde and lift and lower 3 times in reverse order – large wing movement; medium wing movement; and small wing movement. Left arm remains en bas; change the scarf to the opposite hand in the en bas position 9. 2 – 1st position demi-pliés as arms open to demi-seconde and return to en bas as the knees straighten; arms gently open to demi-seconde and return en bas with each plié and stretch 10. Left Arm Port de bras: Extend arm through demi-seconde and lift and lower 3 times in reverse order – large wing movement; medium wing movement; and small wing movement. Right arm remains en bas; change the scarf to the opposite hand in the en bas position 11. Tendu a la seconde and lower into 2nd position 12. 2 Second position demi-pliés as arms open to demi-seconde and return to en bas as the knees straighten; arms gently open to demi-seconde and return en bas with each plié and stretch 13. Both Arms Port de bras: Extend both arms to demi-seconde and lift and lower 3 times – small wing movement; medium wing movement; and large wing movement; change the scarf overhead to the opposite hand 14. 2 Second position demi-pliés as arms open to demi-seconde and return to en bas as the knees straighten 15. Both Arms Port de bras: Extend both arms through demi-seconde and lift and lower 3 times in reverse order – large wing movement; medium wing movement; and small wing movement; change the scarf to the opposite hand in the en bas position 16. 3 Grand pliés in 2nd position with hands on hips 17. Tendu close first position, rotate to parallel 18. Rise to balance with arms en bas 19. Lower and finish with arms en bas and head slightly turned 	<p>remain on the floor at all times, and slowly bend and stretch the legs keeping the legs moving throughout the music.</p>
Center Barre Exercise #2: <i>Kids 2!</i> CD; Tendu 1; Track #10; 1:18	<p><u>Tendu with Spanish-Style Claps</u></p> <ol style="list-style-type: none"> 1. Begin standing tall in parallel with hands on hips. 2. 1 Tendu parallel devant right, close parallel 3. 2 Spanish-style claps for right ear (head turns slightly to left), place hand back on hips 4. 1 Tendu parallel devant right, close parallel 5. 2 Spanish-style claps for right ear (head turns slightly to right), place hands back on hips 6. 2 Tendu parallel devant right, close parallel 7. 2 Spanish-style claps for right ear (head turns slightly to left), pause; 3 quick Spanish-style claps for right ear. 8. Repeat all with left tendu and left claps. 9. Rotate legs to 1st position 10. Repeat all above with tendu a la seconde 	<p>Repeat exercise as performed last week.</p> <p>Remind dancers to stretch their foot and leg as they perform each tendu.</p> <p>Discuss with the dancers how to keep their weight on their supporting leg during tendu.</p>
Center Barre Exercise #3:	<p><u>Dégagé; Tombé; & Arabian Cambré</u></p> <ol style="list-style-type: none"> 1. Begin standing tall in parallel with hands on hips. Give each dancer a scarf to hold in their right hand. 	<p>Repeat exercise as performed last week.</p>

Kids 2! CD; Dégagé; Track #12; 1:17	<ol style="list-style-type: none"> 1 – Tendu extend (2 cts), lift leg from floor (2 cts), lower leg to floor (2 cts), close parallel (2 cts) 2 - Dégagé right leg devant & close (open 2 cts & close 2 cts) Dégagé right leg devant; tombé devant; push off and close Right arm and scarf lift as body cambrés to the left. Repeat all on the left leg with cambré to the right. 	Review the two new skills: cambré and tombé.
Center Barre Exercise #4: Kids 2! CD; Piqué Pointes; Track #13; :27	<p><u>Battement Piqué with Spanish-Style Claps</u></p> <ol style="list-style-type: none"> 1. Begin standing tall in parallel with hands on hips. 2. Extend right leg and battement piqué 4 times, bring foot to parallel passé retiré on count 5, balance count 6, 7, lower on 8. 3. During balance in passé retiré - 2 Spanish-style claps for right ear (head turns slightly to left), place hand back on hips 4. Repeat all on left. 	<p>Repeat exercise as performed last week</p> <p>Remind dancers to keep their bodies strong and straight as they work to maintain balance during exercise.</p>

Center Work

Center Exercise #1: <i>The Nutcracker Ballet</i> CD Excerpt – Arabian Variation	<p><u>Temps lié, Step Together, & Kneel (or Curtsey) with Scarf Arabian-style</u></p> <ol style="list-style-type: none"> 1. Give each dancer a scarf to hold with their right hand. Ask the dancers to stand with their legs in 1st position. 2. The dancers will tendu their right leg a la seconde on the intro 3. The dancers will step open as they temps lié to 2nd position with their right leg as they swing their scarf upward to the right. 4. Repeat rocking left, right, left, right for a total of 5 as the scarf swings in the direction of the rocking motion. 5. At the end of the 5th rocking motion, the dancers will bring their left foot to their right and stand in first position as their scarf remain lifted to the right. 6. The right foot will slide backward to a kneeling position as the right arm and scarf travels to the left shoulder in the kneel (or bow). 7. Stand and bring legs to 1st position as the left hand takes hold of the scarf and the entire exercise repeats to the left. 	Repeat exercise as performed last week
Center Exercise #2: <i>The Nutcracker Ballet</i> CD; Spanish Variation	<p><u>Sauté with Spanish-Style Claps</u></p> <ol style="list-style-type: none"> 1. Ask dancers to stand with feet in parallel and their hands on their hips. 2. Exercise <ol style="list-style-type: none"> a. demi-plié, sauté, demi-plié, stretch legs b. demi-plié, sauté, demi-plié, stretch legs c. demi-plié, sauté, demi-plié, stretch legs d. 3 very quick Spanish-style claps for right ear e. Repeat 3 very quick Spanish-style claps for right ear And stomp right, left, right with feet at same time. 3. Repeat all above but this time Spanish-style claps are for left ear and begin with left foot stomp. 	Repeat exercise as performed last week
Center Exercise #3: Nutcracker	<p><u>Russian-Style Jumps</u></p> <ol style="list-style-type: none"> 1. Feet together parallel. Hands crossed at elbows with elbows lifted in front of chest or place hands on hips. 	Repeat exercise as performed last week

Ballet Excerpts; Russian Variation	<ol style="list-style-type: none"> 2. 2 Échappé sauté (jump apart and together) (4 counts) 3. Extend right heel to side with flexed ankle (1 count); cross right foot in front of left and touch toes to floor (1 count); extend right heel to side with flexed ankle (1 count); step together and hold (1 count) 4. Repeat #2 & #3 with left leg 5. Repeat all 	Variation: Perform the combination at a slower tempo if needed. Simplify arm movements if necessary in heel, toe, heel step.
Across the Floor		
	<p><u>Transition to Traveling Steps</u></p> <ol style="list-style-type: none"> 1. Give step by step instructions on how the dancers will transition to across the floor. 2. Give one instruction and wait for compliance before giving the next instruction. 3. If multiple groups are necessary, take the time to establish groups and give reminders on the responsibility of waiting dancers. 	***If space allows, ask the dancers to move to the back of the dance space so the next exercise can travel from the back to the front of the dance space.
Across the Floor Exercise #1: The Nutcracker Ballet CD Excerpts; Chinese Dance Variation	<p><u>***Chinese Variation from The Nutcracker</u></p> <ol style="list-style-type: none"> 1. Place dancers in two groups and ask them to form two lines at the back of the dance space. The dancers will perform the following variation traveling forward toward the mirror or front of dance space. 2. Variation: <ol style="list-style-type: none"> a. Arms port de bras to goal post position during introduction; arms remain throughout variation b. Right leg dégagé to piqué parallel demi-pointe (cts 1 & 2) c. Plié and lift right leg to parallel passé retiré, slightly turn head and upper body to right (cts 3 & 4) d. Bourrée forward (cts 5 & 6 & 7 &) e. Plié parallel (ct 8) f. 3 quick sauté in parallel (1 & 2) g. 1 échappé sauté parallel (3 & 4) h. quick sautés in parallel turning one full rotation (5 & 6) i. Rise to demi-pointe, (7 &) finish plié (8) j. Next group begins k. Be sure to repeat using left leg 	***Refer to video for clarification of movements.
Across the Floor Exercise #2: The Nutcracker Ballet CD Excerpts; Arabian Coffee Variation	<p><u>Arabian Walks & Upper Body Circle Port de bras</u></p> <ol style="list-style-type: none"> 1. Move the dancer's lines so they can travel across the dance space from one side to the other side. 2. Give each dancer a scarf to hold in right hand. Ask dancers to place their legs together parallel with arms relaxed down by their side 3. Sequence: <ol style="list-style-type: none"> a. 3 slow walks forward as scarf slowly lifts to overhead placing feet together parallel on count 4 b. Slide right foot back to kneeling and then lower to kneel on both knees (4 cts) c. Circle port de bras to the right as the scarf circles around the body and over the head. (4 cts) 	<p>Repeat exercise as performed last week</p> <p>Stress to the dancers that they must move slowly and continuously. At no time will they be still.</p>

	<ul style="list-style-type: none"> d. Stand to place legs in parallel and switch scarf hand (4 cts) e. Repeat all starting with left f. Continue across the dance space 	
<p>Across the Floor</p> <p>Exercise #2: Nutcracker Ballet Excerpts; Russian Variation</p>	<p><u>Russian-style Runs & Heel Steps</u></p> <ol style="list-style-type: none"> 1. Place dancers in rows so they can travel across the dance space 2. 8 Russian-style runs traveling forward (heel up in back with each run) with arms crossed in front at elbows (be sure to remind the dancers to count their runs) 3. 8 Russian-style runs in a circle (heel up in back with each run) with arms crossed in front at elbows (be sure to remind the dancers to count their runs) 4. Extend right heel to side with arms open and palms up; step together parallel hands in fist touch hips; repeat same with left, right, left. 5. Repeat entire pattern again but this time circle in the opposite direction. <p>1. Next row begins</p>	<p>Repeat exercise as performed last week</p> <p>Very important that the dancers count their running steps.</p> <p>Variation: Be aware of the tempo and have the dancers perform at a slower tempo if needed.</p>

Creative Movement

<p>Creative Movement #2; The Nutcracker Ballet – Russian, Arabian, Spanish, & Chinese Variations</p>	<p><u>***Free Dancing while Recognizing Four Specific Styles and Music</u></p> <ol style="list-style-type: none"> 1. Ask the dancers to spread out in dance space. 2. Ask the dancers to think about the different types of movements they have learned from the four types of dancers they have been exploring – Russian style, Arabian style, Spanish style and Chinese style. 3. The teacher will play, pause, and change the music throughout the exercise. If the dancers cannot hear music, they are to freeze in their last position. 4. Without giving the dancers choreography, ask them to match their movements to the music they are hearing. Remind them to perform some of the steps and port de bras they have learned, but also encourage them to create their own movements they believe match the music they are hearing. 	<p>***Refer to video for clarification of movements.</p> <p>This exercise is a repeat from last week but with the inclusion of the newly learned Chinese-style movement.</p> <p>Remind the dancers they are to dance and not run, unless they are running like a certain type of dancer</p> <p>When the dancers first hear the music being played, ask them to call out which country they think the music they are hearing comes from.</p>
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Class Ending

<p>Class Ending Exercise #1: Kids 2! CD;</p>	<p><u>Thank You</u></p> <ol style="list-style-type: none"> 1. Explain to the dancers how at the end of every class we thank each other for working hard. We say thank you with a curtsy or a bow. 	<p>It is important to always thank the dancers for dancing with you and for</p>
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<p>Révérance; Track #37; 1:02</p>	<ol style="list-style-type: none"> Port de bras: Circle arms low (en bas); middle (1st); high (5th); open (2nd) Rise to demi-pointe; bourrée turn to the right as the arms float upward to high 5th; open arms as heels lower and legs demi-plié Port de bras: Circle arms low (en bas); middle (1st); high (5th); open (2nd) Rise to demi-pointe; bourrée turn to the left as the arms float upward to high 5th; open arms as heels lower and legs demi-plié Boys: Bow Girls: Curtsey <p>Important Note: <i>If you have run out of time, just perform the thank you and bow/curtsey at the studio door before releasing the dancers into the waiting room.</i></p>	<p>working hard. Always praise them for their participation and effort.</p> <p>It is also important for dancers to learn to thank the teacher for what they learned in class that day.</p>
<p>Coloring sheet handouts for each dancer</p>	<p><u>Departing Class</u></p> <ol style="list-style-type: none"> Dancers sit in share time space with teachers Assistant takes coloring sheets and special stickers to door. Teacher thanks the students individually by calling their name and placing a sticker by their name in roll book. This sticker is for keeping their eyes and ears on the teacher and their hands to themselves. Once their name has been called and sticker place in special teacher's book, they walk to door to meet assistant Teacher continues #3 & #4 for each child Assistant thanks dancer for dancing with her, places special sticker on hand, and gives coloring sheet to dancer. Repeat for all. Teacher comes to door and reminds dancers to practice at home and to be sure to share with family members all they have learned today. Dancers and teacher/assistant give each other one more curtsey. Open studio door and see that all dancers find their caregiver right away. Share little tidbits of information with the caregivers on what the dancers learned in class today. 	

Teacher's Notes:

