Class:
Date:



New Concepts:			
Time = 45 Minute Class	**Section of Class**	**Objective**	**Class Material**
			(Write what you will cover during this lesson in each section.)
5 Minutes	**Icebreaker / Rules and Routines**	Social: Build relationships and establish expectations	
10 Minutes	**Warm Up: Cardio & Stretching / New Concept**	Health & Wellness: Increate heart rate, improve flexibility, introduce new dance concepts	
8 Minutes	**Choreography Slow Review**	Cognitive: Enhance memory, practice choreography	
8 Minutes	**Technique/Drills/Games (Across the Floor)**	Psychomotor: Improve technique, enhance coordination	
3 Minutes	**Choreography 3x Up To Speed/Feedback/Reflection**	Affective: Build confidence, refine performance quality	
5 Minutes	**Creative Movement**	Affective: Encourage creativity, foster individual expression	
5 Minutes	**Cool-Down / Recital Reminders**	Health & Wellness: Relax muscles, reinforce important information previously communicated with parents	