



AcroDance Pre School

Lesson Plan

Date: _____

Every lesson will follow the same pattern. This will allow the dancers to become familiar with the class structure, and know what to expect of you; as well as what is expected of them.

Section	Objective	Today's Class Plan
45 minute class	Greet your dancers at the door with a smile and friendly voice!	Ask all of your friends to join you in dance class and make a circle!
1. Welcome Song - 5 minutes	At the beginning of each class, the teacher can take attendance and ensure that all dancers are feeling at ease. The dancers will then join you in a circle to sing the Welcome Song! This is a time for dancers to get ready for class and have fun! There are several examples of Welcome Songs in the syllabus, and you can add your own as well!	
2. Circle learning (Sitting) - 5 minutes	After the Welcome Song, dancers will join you sitting on the floor for the section of class. During this time, dancers will stretch and work on basic foundational technique for dance. Having your dancers in a circle helps the dancers stay focused and allows the teacher to be close enough to help when needed.	
3. Song and Dance - 3 minutes	Everybody up! It's time to dance to the music! Fun songs with actions and singing bring your little dancers back into focus and keep class exciting. Learning these little routines help prepare dancers for learning and retaining choreography. Several examples of Song and Dance can be found in this syllabus, and you can add your own as well!	
4. Circle learning (Standing) - 5 minutes	Dancers will learn dance terminology and foundational skills in this part of our Pre School Program. Tendu, Plié and Port de Bras are just some of the skills you will explore together.	
Dancers will move to the side of the room to prepare for across the floor. At first your young dancers will be most successful moving around the circle, eventually they will progress and start travelling in a straight line from one side of the room to the other. As they grow in the program, you can introduce moving in a diagonal direction across the room.		
5. Across the Floor - 5 minutes	Dancers will work on traveling dance steps in this section of class. Learning to march, skip and gallop are important requirements of this Pre School Program. This is the perfect time for your young dancers to learn how to behave in a class setting. Upon completion of the program, the dancers should be able to demonstrate these skills: the ability to follow directions, wait their turn, move across the floor and polite social interaction. Dancers will also have the opportunity to explore movement with music.	
Teacher will bring the mats out and set up for the next part of class. Dancers can help with this part of class if it is safe.		
6. On the Mats (Station Cards) - 5 minutes	Dancers will learn about station cards, review any previous skills, and be introduced to a new skill when ready. New skill acquisition is key during this part of class; show the dancers the card for the week, and have all of the dancers try the new skill. Use the terminology and have the dancers repeat it back to you so they can learn it.	
7. On the Mats (Across the Mats) - 10 minutes	Dancers will work on strength and locomotive movement during this part of the class. Be sure to explain your expectations for behaviour before you begin. It is important that dancers follow instructions to keep a safe environment for everyone.	
8. Report card / behaviour - 2 minutes	Take a few minutes to show the dancers the report card they are working towards. Explain to them that they must demonstrate good behaviour and follow the rules to get their check mark. Show them the spot for the check mark of the skill you practiced in class, and how they can practice at home to become the very best acro dancers they can be!	
9. Game - 3 minutes	This is another engaging part of your class that the dancers will love. Use stories to explain your game, and imagery to help your dancers unlock their imagination as they play the game!	
10. Stickers, Thank You and Good Bye - 2 minutes	Your dancers should always end class by saying 'Thank You Miss _____'. A stamp, sticker or colouring page is so fun for your dancers to take home, and will help them to remember dance class all week long!	