



Weekly Lesson Plan

Class Level: 7-Year-Old	Class Length: 60 – 75 Minutes	Week 4
Instructor:	Class:	
Objectives: Class Etiquette & Format		
Movement Concepts: Interpretation of how a bunny and owl move.		
Music: Enchanting CD		
Props: LNL Floor Line; LNL Mats		
Supplies: Roll Book; Lesson Plan; Music CDs/Playlist; Bunny vs Owl Artwork; Bunny vs Owl Coloring Page Handouts		
Video Training: LNL 7 Week 4		
Teacher Notes: <ul style="list-style-type: none">Any variation to an existing exercise or a new exercise will be marked with ***.Research shows that learning is greater if a teacher takes the time to go over what is expected of the students in the beginning of the year.<ul style="list-style-type: none">Waiting quietly for others to have turns and for instructions from the teacher. Talking with one another only during Share Time.Listening and looking when the teacher speaks.Being properly dressed for class.Going to the restroom before class begins.The barre exercises will all end with a short balance in parallel. Remind dancers to rise as high as they can on their ¾ pointe while keeping their weight centered. Watch for dancers rolling their ankles and placing their weight on the outer portion of the foot. Remind the dancers to engage their inner thigh muscles by pretending to squeeze and hold a piece of paper between their upper thighs.Encourage dancers to always “finish” their exercises by freezing for 3 counts in a given position. Finishing every exercise is a very important habit to build into their training so that they will do this automatically without being reminded.		
<div>Class Beginning (Dancers sit in circle in talk space)</div>		
Welcome	<div>1. Roll; Share Time</div> <div>2. Discussion of Class Etiquette & Format</div> <div>3. Travel from talk space to dance space while performing a specific movement pattern (Suggestion: ***Place left hand on right elbow. Hold both arms up in front of chest. While legs are marching, alternate tapping left hand to right elbow twice then hold elbow as it extends forward and bends – keep repeating while traveling to dance space. This is the same sequence as last week but with opposite arms.)</div>	<div>Exercise Focus</div> <div><ul style="list-style-type: none">Etiquette Reminders<ul style="list-style-type: none">***See Teacher Notes above</div>

<p style="text-align: center;">Warm-Up (Circle formation in center of dance space)</p>		
<p>Enchanting CD; Track #1; Circle Dance & Claps; 2/4; 4:04</p>	<p><u>My Turn Around Circle</u></p> <ol style="list-style-type: none"> Dancers will travel around the circle in pairs – identify the pairs Two dancers travel at a time <ol style="list-style-type: none"> ***Stand facing partner; gently hold hands with partner and both dancers tendu a la seconde in same direction Side gallop around circle while maintaining tummy to tummy with partner Curtsey or bow to each other; sit as next two dancers stand; Repeat a, b, & c for all dancers While seated in a circle, lead dancers in cross body tapping sequences; focus on musicality and cross body tapping 	<p>Exercise Focus</p> <ul style="list-style-type: none"> Teacher is assessing each dancer's level of coordination when galloping and working with a partner. Include cross-body tapping in every class. This age group loves to be challenged with more complicated sequences of same and crossbody tapping. ***Remind dancers to not pull on each other as they gallop and to maintain a gentle hand hold as they travel around the circle.
<p>Enchanting CD; Foot & Ankle Exercise; Track #3; 2/4; 1:17</p>	<p><u>Flex & Stretch of Feet & Rotation of Legs</u></p> <ol style="list-style-type: none"> Extend legs toward center of circle; sitting tall with hands on knees or extended to the side with slight pressure on the floor to assist with straightening back while sitting Flex & stretch ankles – right & left together 2 times; right only 2 times; left only 2 times; alternating 4 times Rotate legs outward and parallel – right & left together 2 times; right only 2 times; left only 2 times; alternating right & left (all with stretched ankles) Flex ankles, rotate legs outward, stretch ankles, rotate legs parallel; repeat Reverse; (rotate outward with stretched ankles, flex ankles, rotate legs parallel, stretch ankles; repeat Walk hands down legs stretching through back & hamstrings until end of music 	<p>Exercise Focus</p> <ul style="list-style-type: none"> Following instructions Assessing each dancer's ankle flexibility & ability to rotate thighs Assessing each dancer's ability to sit with legs extended
<p>Enchanting CD; Back Strengthening; Track #6; 3/4; 1:23</p>	<p><u>Swimming & Strengthening Core</u></p> <ol style="list-style-type: none"> Cross arms across chest and slowly roll backwards to floor. Stretch arms overhead reaching fingertips far from toes. Roll to side moving legs and arms in a swimming motion (8 cts) Roll again facing floor, continue swimming motion (8 cts) Roll back to original side continuing to swim (8 cts) Roll to back, reaching forward and rolling to sitting position. Repeat all but this time rolling to opposite side 	<p>Exercise Focus</p> <ul style="list-style-type: none"> Increase core strength Coordination of moving arms & legs in swimming motion while working to maintain a still core
<p style="text-align: center;">Center Barre (One or two lines in dance space – ballet barres are not used)</p>		
<p>Enchanting CD; Plié; Track #9; 3/4; 2:28</p>	<p><u>Plié & Port de bras</u></p> <ol style="list-style-type: none"> Begin parallel with arms en bas 2 demi pliés with arms opening to demi-seconde on bending of knees and returning to en bas as legs straighten 	<p>Exercise Focus</p> <ul style="list-style-type: none"> Maintain posture of torso while moving; alignment of legs &

	<ol style="list-style-type: none"> Port de bras: 1st, 5th, 2nd, en bas Repeat all in 1st position Repeat all in 2nd position 3 grand pliés in 2nd position; arms in seconde Tendu close 1st position; rotate to parallel ***Press into rise on demi-pointe and balance with arms en bas; finish with head slightly turned 	<p><i>foot placement in rotation</i></p> <ul style="list-style-type: none"> Coordination of arms to legs Musical timing Knowledge of technique of grand plié in 2nd and placement of arms in port de bras ***Maintain alignment of ankles in rise
Enchanting CD; Tendu 1; Track #10; 2/4; 1:18	<p><u>Battement Tendu</u></p> <ol style="list-style-type: none"> Begin parallel with arms en bas Music intro: port de bras to 3rd position with left arm forward R - 3 parallel tendu devant; arms remain in 3rd position Clap hands; double tap opposite shoulders; clap hands; place arms in 3rd position with right arm forward Repeat all on L Rotate legs to 1st position Repeat sequence of #3 & #4 in a la seconde R, L; ***this time arms will be in 3rd position with the same arm in front as the tendu leg ***Rotate legs back to parallel; press into rise on demi-pointe and balance with arms en bas; finish with head slightly turned 	<p><i>Exercise Focus</i></p> <ul style="list-style-type: none"> Maintaining stretch of leg, ankle, & foot during tendu; not softening knee during opening & closing of tendu Proper placement of leg in a la seconde; watch for hips remaining forward as leg extends a la seconde Maintaining placement of arms in 3rd position ***Maintain alignment of ankles in rise
Enchanting CD; Tendu 2; Track #11; 2/4; 1:27	<p><u>Battement Dégagé</u></p> <ol style="list-style-type: none"> Begin parallel with arms en bas Music intro: port de bras to 3rd position with left arm forward R - 3 parallel dégagé devant; arms remain in 3rd position Tap opposite shoulders; double clap hands; tap opposite shoulders; place arms in 3rd position with right arm forward Repeat all on L Rotate legs to 1st position Repeat sequence of #2 & #3 in a la seconde R, L, R, L; this time arms will be in 3rd position with the same arm in front as the tendu leg ***Rotate legs back to parallel; press into rise on demi-pointe and balance with arms en bas; finish with head slightly turned 	<p><i>Exercise Focus</i></p> <ul style="list-style-type: none"> Keeping weight on supporting leg during extension of dégagé Keeping leg strong and stretched throughout dégagé Maintaining placement of arms in 3rd position ***Maintain alignment of ankles in rise
Enchanting CD; Dégagé Track #12; 2/4; 1:17	<p><u>Battement Piqué & Dégagé Tombé</u></p> <ol style="list-style-type: none"> Begin parallel with arms en bas Music intro: port de bras to 1st position R - 4 battement piques parallel devant; bring right leg to parallel retiré & balance ct 5, 6, 7; close parallel ct 8; arms remain in 1st position throughout R - parallel dégagé devant ct 1, 2; tombé ct 3, 4; lift ct 5, 6; close parallel 7; hold 8; arms remain in 1st position throughout Repeat on L ***Rotate legs back to parallel; press into rise on demi-pointe and balance with arms en bas; finish with head slightly turned 	<p><i>Exercise Focus</i></p> <ul style="list-style-type: none"> Sharpness of movement Stretch of leg throughout; entire leg moves not just foot Timing & counting of music Alignment of knee to foot during tombé; learning how much to push to regain balance from lunge position

		<ul style="list-style-type: none"> ***Maintain alignment of ankles in rise
<p style="text-align: center;">Center Work (One or two lines in dance space)</p>		
Enchanting CD; Rocking/ Temps lié; Track #18; ¾; 1:03	<p>Temps lié</p> <ol style="list-style-type: none"> 1. Begin legs in 1st position with arms en bas; Intro – port de bras to seconde position 2. R - Tendu a la seconde as head slightly turns to R; demi-plié 2nd position as head turns forward; L – tendu a la seconde as head slightly turns left; close 1st position as head turns forward; Arms remain in 2nd position. 3. Repeat #2 twice more 4. With legs in 1st position, port de bras - L arm remains in 2nd as R arm lifts overhead, lowers in front of body; R arm remains still as L arm lifts overhead, lowers in front of body ending in 1st position; tilt head to follow hand in port de bras 5. R & L arms open to 2nd position as L leg extends tendu a la seconde to repeat entire exercise on L 	<p>Exercise Focus</p> <ul style="list-style-type: none"> Coordination of head to movement of leg Positioning of head Performing each demi-plié 2^{ne} exactly centered Correct placement of leg in a la seconde position Recall of new port de bras
Enchanting CD; Flamingo Walks/ Passé/ Retiré; Track #25; 2/4; 2:46	<p><u>Step Cou-de-pied; Step Passé; Step Cou-de-pied; Passé; ***Rotate</u></p> <ol style="list-style-type: none"> 1. Move dancers upstage giving room to travel 2. Begin with legs parallel and arms en bas 3. Arms lift to 1st position & remain: (Refer to video for musical timing and further explanation) <ol style="list-style-type: none"> a. Step R, cou-de-pied L, b. Step L, passé/retiré R, c. Step R; cou-de-pied L; passé/retiré L d. ***Remain on R as L leg rotates to a turned-out position e. ***Balance on R parallel standing leg with L in rotation f. ***Return L to parallel passé/retiré position g. Repeat a through F on opposite legs 4. Repeat all while traveling backwards. 	<p>Exercise Focus</p> <ul style="list-style-type: none"> Placement of foot during cou-de-pied and passé Ability to engage torso muscles in order to balance on one leg The dancers will have greater difficulty maintaining their balance as they step behind while traveling backwards. Remind them to hold their torso strong as they transfer their weight onto the foot in back of their body. ***Remind dancers to keep their lower leg aligned, ankle, & foot aligned as the leg rotates outward (no sickling of foot) ; it is also important to remind dancers to keep both hips facing forward even though one leg is rotating outward
Enchanting CD; Sauté; Track #20; 2/4; :32	<p><u>Sauté Parallel, 1st & 2nd Position</u></p> <ol style="list-style-type: none"> 1. Begin parallel with hands on hips 2. Plié, sauté, plié, stretch legs; Plié, sauté, plié, stretch legs; Plié, sauté, sauté, sauté, stretch legs moving to next position 3. Perform #2 in parallel, 1st position, 2nd position 4. Rise in 2nd position; balance on demi-pointes 5. Plié, tendu closing to 1st position to finish 	<p>Exercise Focus</p> <ul style="list-style-type: none"> Ability to maintain posture throughout combination Ability to stretch legs & feet in the air

		<ul style="list-style-type: none"> Ability to align knees over toes on each landing
Enchanting CD; Échappé Sauté; Track #21; 4/4; :37	***Échappé Sauté <ol style="list-style-type: none"> Begin in 1st position with hands on hips Demi-plié 1st position; jump landing in 2nd position; jump landing in 1st position; stretch legs Keep repeating 	Exercise Focus <ul style="list-style-type: none"> Remind dancers to keep their bodies straight with their head directly over their shoulders; shoulders over hips, and knees & toes pointing in same direction Remind dancers to push the floor away as they jump Remind dancers to stretch their legs & feet in the air; bend their knees with each landing See video for timing of sequence
Enchanting CD; Glissade; Track #23; ¾; :48	Glissade <ol style="list-style-type: none"> Begin 1st position with arms en bas On intro, port de bras to demi-seconde Plié, tendu R, glissade (shifting weight to R, ending with R in plié, L extended a la seconde), closing L in 1st position, stretch legs Repeat #3 Repeat #3 Port de bras – en bas, 1st, 5th, 2nd, demi-seconde Repeat all traveling L 	Exercise Focus <ul style="list-style-type: none"> Coordination of when to bend and when to stretch legs Stamina Alignment of knees over toes in plié Ability to keep arms in demi-seconde throughout each glissade
<p style="text-align: center;">Across the Floor</p> <p><i>(Move to one side of room to start. Depending on the size of the dance space, the number of repetitions may need to be reduced in order to perform the entire sequence. For example, 4 waltzes instead of 8 or 2 floor line leaps instead of 3.)</i></p>		
Enchanting CD; Ballet Walks; Track #27; 2/4; 1:30	Ballet Walks with Temps lié <i>(traveling forward across dance space)</i> <ol style="list-style-type: none"> Begin R leg tendu devant & arms in demi-seconde Ballet Walk R, pause with L in tendu devant; ballet walk L, pause with R in tendu devant; ballet walk R, L, R; pause with L tendu devant Temps lié forward on left, extending right leg behind; Temps lié backwards onto right, extending left leg tendu devant; with legs in tendu devant, port de bras arms 1st, 5th, 2nd, lower to demi-seconde Repeat sequence across dance space 	Exercise Focus <ul style="list-style-type: none"> Maintaining weight on supporting leg during each pause; never smushing toes in tendu devant Ability to remember sequence Ability to step every time with toes touching first and then foot rolling through Ability to shift weight completely during temps lié forward and backwards
Enchanting CD; Slow	Waltz <i>(traveling forward across dance space)</i> <i>Prop: Divide dance space in ½ by placing floor line on center line</i>	Exercise Focus

Waltz; Track #33; ¾; 1:40	<ol style="list-style-type: none"> 1. Begin R leg tendu devant with arms in demi-seconde 2. Waltz forward 8 times stopping on floor line 3. Temps lié R & L as arms sway R & L low, R & L high, R & L low; demi- rond R leg to tendu devant as arms move to demi-seconde 4. Repeat #2 to complete traveling across dance space 5. Repeat all beginning with L and traveling in opposite direction 	<ul style="list-style-type: none"> ▪ Understanding that each waltz consists of one long step ending in plié with two short steps on demi-pointe ▪ Arm movements in temps lié
Enchanting CD; Gallop/ Chassè/ Polka; Track #31; 6/8; 2:03	<p>Skip & Gallop Sequence (traveling forward & sideways across dance space)</p> <ol style="list-style-type: none"> 1. Begin R tendu devant with L arm allongé forward and R allongé side 2. 4 Skips forward; 4 skips turning in place; finish facing front of dance space; arms swing in opposition with each skip 3. 3 Side gallops; 1 skip with ½ turn; 3 Side gallops facing back of space; 1 skip with ½ turn; arms remain allongé 2nd throughout 4. Keep repeating entire sequence across dance space 	<p><i>Exercise Focus</i></p> <ul style="list-style-type: none"> ▪ Ability to remember longer sequence ▪ Ability to change directions within same exercise ▪ Smooth transition from each section of sequence
Enchanting CD; Leaps; Track #35; 2/4; 2:16	<p>3 Leaps (traveling forward across dance space) <i>Prop: Divide dance space in 4 by placing 3 floor lines in dance space (each quarter line & centerline)</i></p> <ol style="list-style-type: none"> 1. Ask dancers to pretend the floor line is a large snake and they must leap over it not to startle it as it rests in the sunshine 2. Begin tendu R devant with arms in demi-seconde 3. Run on demi-pointes with arms in demi-seconde; leap over each red snake in their path and then continue running as a dancer the rest of the way across the dance space 	<p><i>Exercise Focus</i></p> <ul style="list-style-type: none"> ▪ Assess ability to leap over and not just run over snake ▪ Remind dancers to stretch legs as they leap ▪ Learning to time their running steps with when to begin their leap as they approach the floor line

Creative Movement
(Return to center of dance space)

Enchanting CD; Bunny vs Owl; Track #49; 1:40	<p>***Bunny versus Owl</p> <ol style="list-style-type: none"> 1. This exercise is a study in contrasting movements while exploring the natural movements of owls and bunnies. 2. Show the dancers the full colored artwork provided. Discuss several facts about the animals with the dancers. To show accurate movement of an owl or a rabbit, if allowed, show the dancers a video on a phone or laptop of a rabbit and an owl moving in their natural habitat 3. Owls <ol style="list-style-type: none"> a. Owls are found on all continents except Antarctica and in habitats from forests to urban and suburban areas b. All owls have an upright posture c. Unlike most birds, owls make no noise while flying d. Owls have extremely good hearing and vision. Some can see their prey ½ mile away 4. Bunnies <ol style="list-style-type: none"> a. Over half the rabbit species live in North America b. Rabbits are considered an invasive species in Australia c. Rabbits were brought to Australia by the First Fleet in the 18th century d. A rabbit's teeth never stop growing. They continually wear down as the top teeth meet the bottom teeth. e. Happy rabbits perform a behavior called a "binky" where they jump in the air, twist, and spin around f. A bunny is a baby rabbit. 	<p><i>Exercise Focus</i></p> <ul style="list-style-type: none"> ▪ Allow dancers an opportunity to choose and create their own movements within the structure of a specified amount and style of music. ▪ Optional: Give dancers a copy of the Bunny vs Owl coloring page to take home.
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	<p>5. Creative Movement Exercise:</p> <ol style="list-style-type: none"> Ask the dancers to find an empty space in the room. Explain that the purpose of this exercise is for them to interpret how they think a bunny and owl moves The first music to play will portray the interpretation of a bunny (rabbit) moving. All dancers will move as a bunny (rabbit). The second music to play will portray the interpretation of an owl. All dancers will move as an owl Once the music ends, ask the dancers to gather around you to discuss the differences between the music and their movements. Which did they prefer moving like and why? 	
<i>Class Ending</i>		
<p>Enchanting CD; Révérence; Track #36; ¾; :54</p>	<p><u>Révérence</u></p> <ol style="list-style-type: none"> Return to center of dance space. Begin 1st position with arms en bas. Port de bra R (1st, 5th, 2nd, en bas); repeat on L <ol style="list-style-type: none"> Girls: Keep knees together as R ball of foot slides to back of L to curtsy (bend both knees and slightly bow head as arms open to demi-seconde); Return to 1st position and arms en bas Boys: Keep feet in 1st position: Slightly bow head; return to standing Repeat all beginning with L 	<p><i>Exercise Focus</i></p> <ul style="list-style-type: none"> To learn the traditional practice of curtsy and bow as a way of saying thank you and as an ending
	<p><u>Move to Talk Space</u></p> <ol style="list-style-type: none"> Thank dancers for dancing with you. Thank dancers individually for their effort and for being a first-time listener Give stickers, points, and any reminders Ask dancers to gather belongings and dismiss class. 	
<p>Teacher's Notes:</p>		

