

Lesson Title Curricular Unit	Time for the Show! Performance Preparation	Medium Lesson #	Dance 18
Lesson Goals			
Socio-emotional	N/A		
Artistic	N/A		
Academic	N/A		
Lesson Details (45 minutes total)			
Opening Routine Time:	<i>To help create routine and sooth anxiety, every class should begin with the same activity. Consider creating an opening routine that allows students to move, incorporates rhythm, and invites students to offer something (a dance move, a clapped rhythm, a silly sound) that is repeated back by either just one other person or by the whole group.</i>		
Warm Up Time: 6 mins	Lead routine warm-up		
Lesson Intro Time: 10 mins	Walk through the piece and do a final clean up on any sticky parts		
Brain break Time:	<i>Choose a brain break in the moment. Brain break used will determine whether the energy of the room becomes energized, calmed, or focused.</i>		
Main Lesson Time: 20 mins	Rehearse performance piece several times. If available, rehearse in the performance space. Alternate rehearsals with fun movement games to alleviate any nervousness or anxiety.		
Cool down/Closing Time:	<i>Similar to the opening routine, your closing should be the same activity each day as an expected way to signal the end of the class and transition to what comes next.</i>		

Materials

music for class activities

Lesson Rubric	Developing (1)	Adequate (2)	Excellence (3)
Social/Emotional Skill			
N/A			
Artistic Skill			
N/A			
Academic Skill			
N/A			