

Lesson Title	5, 6, 7, 8	Medium	Dance
Curricular Unit	Creating a Safe Space	Lesson #	1

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	Share with students the idea that doing a warm up helps to keep their bodies safe when they are dancing. The warm-up should be something that can be repeated each class - a further routine to the class. Lead students through the first 1/3 - 1/2 of the regular warm-up.
Lesson Intro Time: 5 mins	Lead a few across the floor exercises - provide time to discuss how to safely move across the space, what to do when students reach the other side, and other rules that may apply to safety in the space and with one another.
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: 15 mins	Teach students a simple 8 count phrase, using this phrase to gain an understand of their skill level as well as their comfort level. Also take time to discuss what safety practices need to be put in place while learning dance combinations. If time, rehearse the 8 count phrase to different types of music and ask how changing the music changes the feel of the movement.
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, possibly a large paper or whiteboard to capture ideas of safety

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