

<b>Lesson Title</b>	<b>Dance Off</b>	<b>Medium</b>	<b>Dance</b>
<b>Curricular Unit</b>	<b>Trying a new thing and facing challenges</b>	<b>Lesson #</b>	<b>2</b>

**Lesson Goals**

<b>Socio-emotional</b>	Trying a new thing and facing challenges
<b>Artistic</b>	Elements of Dance: • energy/force • space • time
<b>Academic</b>	Choose words and phrases for effect.

**Lesson Details (45 minutes total)**

<b>Opening Routine</b> 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>
<b>Warm Up</b> Time: 5 mins	Lead routine warm-up, adding additional movements at a comfortable pace for the students.
<b>Lesson Intro</b> Time: 8 mins	Lead a series of across the floor movements that build up to a challenging movement or phrase
<b>Brain break</b> 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>
<b>Main Lesson</b> Time: 20 mins	Based on skill/comfort level observed in the last class, develop a 8-16 count combination that incorporates a difficult or challenging movement or phrase. Be sure to preface that the movement or phrase was meant to be challenging that the goal is to continue to work on the movement until everyone in the class feels more comfortable with it. No one should feel pressured to master the movement today.  Allow time for a discussion about how they felt about the challenging movement.
<b>Cool down/Closing</b> 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

<b>Lesson Rubric</b>	<b>Developing (1)</b>	<b>Adequate (2)</b>	<b>Excellence (3)</b>
<b>Social/Emotional Skill</b>			
Trying a new thing and facing challenges	Student demonstrated willingness to try a new thing	Student was able to try a new thing and demonstrate a willingness to explore a further challenge	Student was able to try a new thing and identify a further challenge they were willing to face
<b>Artistic Skill</b>			
Elements of Dance: • energy/force • space • time	Students were able to successfully mimic the element as demonstrated by the instructor	Students were able to demonstrate requested elements without supplied example	Students were able to identify elements within either their own works or works of others
<b>Academic Skill</b>			
Choose words and phrases for effect.	Students were able to express ideas with simplistic language	Students were able to adequately express ideas with a mix of general and precise language	Students were able to effectively express ideas with precise language