

Dance Teaching Methods: Lesson Plan Assignment

Due on Friday, March 28th

Lesson Plan: 30 Points

Teaching an Exercise: 10 Points

Freshman Year: Creative Movement for Kids

Sophomore Year: Ballet Class (any age group or level of choice)

Junior Year: Contemporary or Modern Class (age group/level of choice)

Senior Year: Jazz or Fusion (age group/level of choice)

Part One – Writing a Lesson Plan:

You may work independently or with a partner to create a lesson plan for a one hour dance class. Your lesson plan needs to be typed, but you can format it any way you choose. Your lesson needs to include the following:

1. Background information:
 - Dance Style (e.g. ballet, modern, jazz, fusion, etc.)
 - Age Group of Students
 - Skill Level (beginning, intermediate, or advanced)
2. Long-Term and Short Term Class Goals:
 - 2-4 long term goals (what you'd like the students to achieve after several months to a year of taking your class).
 - 2-4 short term goals (which should be achieved by the end of this lesson)
3. Detailed outline of each exercise, description of exercise, instructions/imagery and feedback, music, and time allotment for the 1-hour class:
 - The class exercise should include: warm-up, technical exercises center, across the floor progressions, short choreography phrase, and cool down/stretch.
 - Make sure that your lesson plan is cohesive and has logical development from one exercise to the next.

Formatting Example:

Exercise	Description of Exercise	Instructions/Imagery and Feedback for Students	Music	Time Allotted
Pirouettes in Center	From 5 th position: tendu right leg to second, pli� 4 th , single or double pirouette, close 5 th . Repeat with prep from 2 nd position, then r�lev� pass� in 5 th , pirouette from 5 th , repeat prep from 4 th for final pirouette. Repeat entire exercise on the left.	Discuss “neutral pelvis” concept with students to help them with proper alignment, especially in pli�. Carefully observe students as they practice the exercise, and give them individualized feedback on their alignment. Provide imagery: “Imagine you are a puppet with a string coming out of the top of your head, lifting you up to the ceiling.”	Finis Jhung and Scott Killian – Music for Ballet CD. Song #19, �/4: lively waltz	5 minutes for instruction, practice, and feedback

Part Two – Teaching One Exercise:

You need to select one exercise from your lesson to teach to your peers. Share with the class the relevant background information for your lesson (dance style, age group and level of students, goals for this class).

Then, teach one exercise, giving clear instructions and imagery for how to do the movement properly. Observe your peers (as though they were your students) as they perform the exercise, and give them feedback for improvement. Presentations will be staggered throughout the semester, but your completed, typed lesson plan is due by Friday, March 28th.