WINTER LESSON PLAN

Level:1

Week Tick List

Teacher's Notes	Music	Props	1	2	3	4	5	6	7	8	9	10
GREETING, STORY & ETIQUETTE												
WARM UP												
Travel Around the Circle												
Curl & Stretch with Port de bras												
Flexing & Pointing Ankles (with tempo)												
CENTRE BARRE												
Demi-Plie: Parallel and 1st Position; Add 2nd Position												
Tendu												
Pique												
Passe/Retire												
Pique with passe retire												
Degage												
CENTRE												
Saute with a Friend												
Echappe Saute with a Friend												
Saute with 1/4 Turns												
Rocking forward and backward												
Rocking circle												
Saute & Echappe Saute												
1q												
TRAVELING STEPS												
Piggy Banks												
Birthday Cakes												
Snow												
Shopping for Ms. Mimi												
Snowman												
Party Marches												
Winter Marches												
Directions												
Over the Bridge												
3 Walks & 1 Hop												
Galloping, Echappe Saute & Claps (2 & 3)												
Polar Bear												
Snowflakes												
Galloping & Skipping with a Friend												
Ice Skating												
Marching, Echappe Saute & 3 Claps												
Whale watching												
Marching, Echappe Saute & Maracas												
Campfire												
CREATIVE MOVEMENT												
Colours												
Skiing												
Directions												
Directions with Partners												
Snowflake												
Winter												
Energy												
Weather & Energy												
Energy & Direction												
Weather Energy & Direction												
SONG & DANCE												
The Best for You												