



Term 3 Lesson Plan - Winter

Section of Class	Exercise	Props	Description
Greeting & Etiquette	GREETING & ROLL	Roll	Gather dancers into a circle away from the dance area. With everyone seated on the floor, greet dancers and take roll.
	DANCER ETIQUETTE		<p>Explain the 'dancer rules'. Ask the dancers to repeat the dancer rules back to you.</p> <ol style="list-style-type: none"> 1. Eyes on the teacher 2. Keep hands to self 3. Give my best effort
Warm-Up	SETTING UP	Mat x 1	<i>Place a mat in the center of the room. Have dancers hold hands to form a circle and then ask them to wiggle their fingers as they place them on their hips. Next, ask them to place their shoes together (their feet in parallel).</i>
	CIRCLE WARM UP		<p><i>Teacher's arrangement, could include some of the following:</i></p> <ul style="list-style-type: none"> • Clapping hands to the beat of the music. • Tapping and naming body parts to the beat of the music (including cross-body) • Slow strong circular arm movements • Parallel demi pliés • Jumping down to touch ground, bounces • Jump up, arms stretched high. • 3x walks towards mat, 3x walks backward • Feet jumping out and in • Feet apart, hip shakes • Marching on the spot and turning • Bunny jumps on the spot and turning • Rocking from side to side • Copycat poses (copy teacher) • Spinning on demi-pointe • Toe tapping – up and down and from side to side • Hold hands in circle and side step the circle in one direction for 4 and then the opposite direction for 4 • Holding hands, make the circle very small and then as large as possible without letting hands go

		<p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> Arms waving with hip shakes (high or low) Big knee lifts, tapping opposite hand to knee each time Skipping into mat, clap x 1, and back out to circle, quick clap x 2 Skipping in a circle in place with a clap at end Hold hands in circle and side step the circle in one direction for 2, clap hands together for 2; clap hands of person on each side for 2; take hold of hands on first side step to opposite direction and continue repeating in opposite direction March forward for 3 and then clap HIGH touching the hand of the person on each side; march backward for 3 and clap LOW touching the hand of the person on each side.
	TRAVELLING AROUND THE CIRCLE	<p><i>The teacher begins first and then each dancer has a turn traveling alone around the circle as the remaining dancers clap their hands and knees to the beat of the music. Take time to fully explain the exercise before beginning so the dancers understand the sequence.</i></p> <ul style="list-style-type: none"> Each dancer will take their turn doing the following: Stand like a dancer. Travel around the circle performing the given step Given Step Suggestions: <ul style="list-style-type: none"> Skate as if skating on a frozen pond Walk like a penguin Pretend to be rolling a huge snowball around the circle Skip, sideways gallop, forward gallop or run high on demi-pointe Perform an individual movement (e.g. strike a jazz pose, curtsy/bow, clap hands 2x) once the dancer arrives back in their original place in the circle. Sit like a dancer as the next dancers stands to repeat the process. Begin to clap to the beat of the music while everyone else gets their turn. Clap hands together and then clap hands to top of knees. Keep repeating this pattern.
	FLOOR STRETCH	<p><i>Sitting like Angelina Ballerina: slide one knee back to kneel; place both knees side by side; gracefully drop seat to floor; swing legs around to sit with legs extended; remind dancers to keep back long and straight; place hands on legs.</i></p> <p>Sitting with legs extended in front, hands outstretched, fingertips on the floor</p> <ul style="list-style-type: none"> Deep breaths in (arms float up) and out (arms float down) Curl legs into chest and 'pop' out, legs extended & arms outstretched 'Firework' each hand up and twinkle fingers down

			<ul style="list-style-type: none"> • Alternate flexing & pointing the ankles/feet • Various arm movements – alternating between moving smoothly and sharply • Bend over at the hips and walking fingertips down legs stretching hamstrings; hold stretch as the fingers tickle the toes; walk fingertips all the way up body and reach stretching over head.
	ISOLATIONS & ROLLS		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> • The isolation sequence will begin with the head movements and then gradually work down the body to the feet. Vary the movements, choosing several from the following list for each class... <ul style="list-style-type: none"> ○ Turn head right and left ○ Lift (look up) and lower (look down) head ○ Incline head right (drop right ear to right shoulder) and left (drop left ear to left shoulder) ○ Lift and lower shoulders ○ Round shoulders forward and open shoulders backward ○ Curve and straighten back ○ Open and close hands ○ Move each finger independently ○ Lift and lower arm from shoulder ○ Draw large circles with arms at shoulders ○ Lift and lower thigh, bending at knee ○ Flex and point feet/ankles ○ Draw circles with ankle while balancing on one leg ○ Add any other movement you would like <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • Vary tempo, vary sequence of isolations, increase time standing and balancing on one leg while doing other movements
Centre Barre	DEMI PLIE & JAZZ ARMS		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> • 1 parallel demi-plié with hands on hips • Extend right arm - diagonally down and out with jazz hand palm forward. Place hand back on hip. • Repeat demi-plié with hands on hips • Extend left arm as above • Repeat demi-plié with hands on hips • Extend both arms - diagonally down and out with jazz hand palm forward. • Raise stretched arms to 2nd position with palms facing downward; hold • Return hands to hips

			<p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • Turn head toward as same direction as extended arm. • Head looks up when both arms extend at same time • Head looks straight ahead when arms raise to 2nd.
	TENDUS with CLAP		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> • 2 tendu devant with right leg • 1 quick demi- plié & stretch • 3 quick claps • Repeat all of above on left • Repeat both again <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • Add a head turn on the quick demi- plié; right tendu = turn head right; left tendu = turn head left
	TAPS		<p>Standing in parallel. Hands on hips, fingers forward and stretched into a jazz hand position.</p> <ul style="list-style-type: none"> • Brush right leg front and light tap (piqué) 7 times and close parallel • Repeat on left foot • With feet together parallel; Every time the arms are extended the palms are facing forward with strong jazz hands. <ul style="list-style-type: none"> ○ extend arms diagonally down and back to hip; ○ extend arms directly side and back to hips; ○ extend arms diagonally up and back to hip; ○ extend arms straight up and back to hip. • If music allows, repeat entire combination again
	STATUES		<p>Musical Statues:</p> <ul style="list-style-type: none"> • Skip or free dance. When the music stops, dancers strike a pose and hold totally still until the music starts again. Encourage the dancers to come up with a new pose every time the music stops. <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • <i>Have the dancers create 3 new poses each time the music stops. The dancers will change their pose once they hear the teacher clap their hands. Encourage the dancers to never repeat a pose.</i>
Centre	SAUTÉS & CLAPS		<p>Standing in parallel. Hands on hips, fingers forward.</p> <ul style="list-style-type: none"> • Plié, sauté, plié, straighten legs (facing forward with no turn) • Plié, ¼ turn sauté, plié, straighten legs • Plié, ¼ turn sauté, plié, straighten legs • <u>Facing back of room 3 claps and hands return to hips</u> • Plié, sauté, plié, straighten legs (facing backward with no turn)

			<ul style="list-style-type: none"> • Plié, ¼ turn sauté, plié, straighten legs • Plié, ¼ turn sauté, plié, straighten legs • <u>Facing front of room 3 claps and hands return to hips</u> <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • <u>Replace claps with finger snaps</u>
	JUMPING OPEN AND CLOSE WITH ARM CHANGES		<p>Standing in parallel. Hands on knees with fingers pointed downward.</p> <ul style="list-style-type: none"> • Jump open holding parallel demi plié 2nd landing with arms stretched straight to side at shoulder height. (Arms & legs move at same time) • Clap hands (legs freeze while hands clap) • Jump together holding plié and hands in clapped position (legs jump together while hands freeze) • Clap hands to knees (legs freeze while hands clap knees) • Keep repeating <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • <i>Add a ¼ turn every time legs jump open. In 4 jumps open, the dancer will make a full rotation.</i>
	ROCK STEP FORWARD AND BACKWARD	Mats	<p>Place 2 mats down for each dancer. If you do not have enough mats to go around, use painter's tape to represent one of the mats.</p> <ul style="list-style-type: none"> • This will work best if each dancer has two different shapes. One shape will represent forward, and the other shape will represent back. • Ask the dancers to lift one leg and to rock forward and backward on the two mats as they say, "rock forward and rock back." Have the dancers keep repeating. • Ask them to shake everything out and to repeat on the other leg. <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • Give these dancers 3 mats and they will rock forward on the front mat, step on the middle mat, and rock backward on the back mat. Teach them to say, "rock forward, step, rock back, step." Ask them to keep repeating for at least 8 times. Shake it all out and switch legs to repeat it all again.
Traveling Steps	TRANSITION TO TRAVELING STEPS		<i>Place dancers in rows/lines on one side of room. Dancers will travel from one side of the room to the other. Many exercises will be repeated. Take the time to tell the dancers which group of dancers will go first, second, etc. Taking turns is a concept they are learning.</i>
	WINTER THEME:		Preparation: Ask the dancer to pretend they are walking in a snow-covered forest and they come to a rushing river. They must continue

	BOUNCE STEPS CROSSING THE RUSHING RIVER		<p>walking on their journey but they know water in the river is far too cold to step into. They look to the right, but they don't see anything. They look to the left and they see a tree that has fallen over the river. This will be perfect, because they have great balance from taking dance class.</p> <ul style="list-style-type: none"> • The dancers will stretch their arms out at shoulder height as they step forward onto the tape leaving their knees bent and weight on both legs. • They feel the tree move so they bounce two times with both feet on the floor. • Step, bounce, bounce; step, bounce, bounce; across the rushing river. <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • Before taking the next step, clap hands after each 2nd bounce
	SIDE STEP HIGH AND LOW	Painter's Tape	<p>Preparation: Ask dancer to pretend to be making their body as low as they can and then as high as they can as they step sideways. Place a long piece of painter's tape on the floor across the dance space from right to left. Mats can also be used but be careful as to how far apart the mats are placed on the floor.</p> <ul style="list-style-type: none"> • The dancers will keep his/her hands on their hips • The dancer will bend their knees and step sideways, stepping open and together with their knees remaining bent as low as they can go while still keeping their backs upright. <ul style="list-style-type: none"> ○ LOW: Bend knees – step open with right leg and step close with left leg ○ HIGH: Rise to demi-pointe – step open with right leg and step close with left leg • Continue pattern across the dance space. Be sure to repeat traveling the opposite direction and using the left leg first. <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • <i>Add arm movements. Reach arms downward for low and upward for high.</i> • <i>Challenge the dancers by reversing the arms from the legs. Reach arms upward when stepping low and downward when stepping high.</i>
	STEP, KNEE, HOP		<p>Preparation: Ask dancer to line up on one side of the dance space. Dancers will face the center of the room and extend one leg forward and place hands on hips.</p> <ul style="list-style-type: none"> • Dancers will step forward on right leg while bringing left foot to side of right knee. • Dancers will hop one time in this position. • Dancers will step forward on left leg while bringing right foot to side of left knee.

			<ul style="list-style-type: none"> • Dancers will hop one time in this position. • Continue across dance space. Ask dancers to say what they are doing, “step, knee, hop” each time they move. • Start this combination slowly and gradually increase the speed of the movement. <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • Ask dancers to add a clap as they hop. They can clap their hands together or clap their opposite hand to their opposite knee.
	FORWARD GALLOP WITH A JUMP		<p>Ask dancers to form lines from upstage to downstage. Place two mats down for each person in the line. Place one mat just before center and the other just before where the dancers will form their line to return.</p> <ul style="list-style-type: none"> • Dancers will face the center of the space. Dancers begin with the upstage leg extended to their front • Dancers will gallop forward (number of gallops will depend on the size of the space from starting to the first mat) • Just before reaching the mat, the dancer will brush their leg forward and land with both feet directly on top of the mat. Remind the dancers to bring their legs together as if they are trying to land in a hole the size of the mat. • Repeat gallop and then brush forward and jump landing on the second mat • The mats will need to be moved before the dancer begin returning with the exercise. <p><u>Level 2: Add...</u></p> <ul style="list-style-type: none"> • Ask the dancers to gallop 4 and then brush & jump onto mat; keep repeating. • Remove mat and ask dancers to repeat the exercise.
	JAZZ STATIONS	4 different character pictures	<p>Place 4x different pictures of Angelina’s friends in four areas of the studio. Ask the students for dance moves they would like to do at each ‘station’. Visit each station by skipping or galloping and perform the agreed dance move there.</p> <p>Various movement suggestions for each station...</p> <ul style="list-style-type: none"> • Hip rocks • Demi plies • In & out jumps • Bunny hops • Spinning • Hand flicks • Tapping the opposite hand to the lifted knee on each forward knee lift

			<ul style="list-style-type: none"> • Tapping the opposite hand on the bottom of each foot for every hamstring curl to the back – foot to seat • Feet together jumping side to side 3 times and then clap – as if jumping over something • Balance on one foot • Strike different poses that best describes the character <p><i>Alice Nimbletoe:</i> Angelina's 'best-est' friend, Alice dreams of becoming a world-class gymnast.</p> <p><i>Viki:</i> Fun-loving Viki loves being creative and making up her own style of dancing.</p> <p><i>Gracie:</i> Like Angelina, Gracie loves being the star of the show, but she prefers modern dance.</p> <p><i>Marco:</i> Marco is a student from Costa Mousa. A music lover, Marco loves singing and playing instruments.</p> <p><i>A.J:</i> A.J is a mouseling who is obsessed with hip-hop dance.</p> <p><i>Ms. Mimi:</i> This teacher adores little mouselings and loves to inspire them with her own vivid imagination.</p>
	WINTER THEME: SKATING RELAY	2 Paper Cutout Snowballs	<p>Form two lines, facing each other.</p> <p>The leader of the first line holds a paper snowball in each hand.</p> <ul style="list-style-type: none"> • Pretending to be skating across a frozen pond, the leader takes their two snowballs to the first dancer in the other line. • Once that person is holding the two snowballs they can begin skating to the dancers waiting on the other side of the pond • Repeat until everyone has had a turn • If you have a large group, break them into smaller groups so more people are skating at once.
	WINTER THEME: STEP & CLAP WHILE TRUDGING IN SNOWSHOES	Mats	<p>Preparation: Place mats across dance space. Pattern for mats – square, square, square, circle; square, square, square, circle</p> <ul style="list-style-type: none"> • Explain to the dancers that Angelina is out playing in the snow and she is having trouble because her feet keep going deep into the snow. A. J. has an idea that will help Angelina. He gives her a pair of snowshoes to try. Snowshoes allow for walking in the snow without sinking. • Dancers will pretend to put their snowshoes on their feet. • Dancers will step on the square with one foot and clap their hands; repeat with opposite foot on next mat; repeat again with first foot; when reaching the circle mat, the dancers will quickly clap their hands two times. • Step R, clap; step L, clap; step R, clap; step left, clap-clap; repeat entire pattern

			<u>Level 2: Add...</u> <ul style="list-style-type: none"> Change the pattern by placing the mats in a different order or add additional mats to pattern. Assign a specific meaning to the new mat added into the pattern.
Tumbling	MOVING LIKE ANIMALS	Tumbling mat (if available)	<p>Line up at end of tumbling or gym mats (or at end of studio). 1x1 students take turns down the mat.</p> <ul style="list-style-type: none"> Dolphin leaps (repetition of leaping), free use of arms Crab walks (start sitting down, leave feet and hands on the floor, raising hips as high as possible), can travel forwards, backwards or sideways as a crab Seaweed rolls (lie down across mat, arms and feet stretched and roll to end of mat) Bear walks (on hands and feet) can travel forwards or backwards Begin with arms stretch overhead and one foot extended forward; place hands on floor and rock forward kicking one leg up into the air as if they were a donkey kicking its hind legs. Repeat 3 times on one leg and then try the other leg. Moving like a monkey: Stand with legs open parallel second and arms stretched overhead. Bend over at hips and reach hands to floor. (Knees may need to bend for some children – this is fine) Walk hands out 4 steps increasing the space between hands and feet. Next, walk feet forward, decreasing space between hands and feet. Roll body up to standing. Repeat but this time begin with feet walking out first. Penguin Walks: Dancers pretend to walk like a penguin across the dance space until reaching the halfway point; penguins dive into water and swim and roll over and over while playing in the sea.
Song & Dance	TRANSITION TO SONG & DANCE	Angelina Song Collection	<i>Each week spend time singing and dancing to a special Angelina Ballerina song. Have dancers stand in lines, spaced out, and facing the 'audience'.</i>
	ANGELINA SONG & DANCE	<i>Chosen song from Angelina Song Collection</i>	<ul style="list-style-type: none"> Choose a song from the Angelina Song Collection Create choreography appropriate for you students Have dancers recite the lyrics along with you Assign movement to the lyrics Practice singing along with Angelina and her friends Practice singing and dancing with Angelina and her friends.
Good-bye	JAZZ BOW	No music, None	<p>Have dancers stand in a line facing the front of the studio</p> <ul style="list-style-type: none"> Feet together parallel with arms at sides Step to right, close feet together

			<ul style="list-style-type: none"> • Raise right arm fully stretched • Bow from the waist, lowering arm • Straighten and hold
	STICKER & HANDOUTS	Stickers & Handouts	<ul style="list-style-type: none"> • Line the dancers up at the door • Give out any stickers or handouts you may wish to give them • Go down the line and call each dancer by name and thank them for working so hard and for being such a good listener. • Open the studio door and see that the children get to their caregiver.

Teacher's Notes: