SPRING 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)													
Curl & Stretch with Sways													
Curl & Stretch with Flapping Wings													
CENTRE BARRE													
Demi-Plie & Picking Beautiful Spring Flowers													
Tendu & the Violin													
Pique & Twirls													
Passe/Retire and (Cambre)													
Tendu & Spring Baseball													
Degage													
Bluebird Tendu													
Demi-Plie: Parallel, 1st & 2nd Position													
Tendu													
Degage & Pique													
Tendu & Passe													
CENTRE													
Rocking side to side and forward & backward													
Saute with 1/4 Turns													
Rocking Combination													
Saute													
Saute with a Friend													
Rocking Circle													
Saute & Echappe Saute & 1/4 Turn Saute													
Rocking Forward and Back													
	1q												
TRAVELING STEPS													
Skipping in Spring													
Baseball Gallops													
Flowers													
Galloping in Springtime													
Spring Cleaning													
Skipping in Spring with a Friend													
Marching, Echappe Saute & Maracas													
Baby Animals													
3 Walks & 1 Hop													
Puddles													
Passe Walks & Bouree													
Emu													
Marching & 1/4 Turn Saute (claps)													
Skipping, Gallops & Turning with a Friend													
Picnic in Spring													
CREATIVE MOVEMENT													
Pink Spring Flowers													
Cocoon & Butterfly													
Action Words													
Spring Action Words													
Action Words with a Friend													
Locomotor													
Spring Day													
Locomotor Follow the Leader													
SONG & DANCE													
That Makes You My Friend													
Best Toe Forward													