

Title: Choreography in Action

Grade Level: K-5

Objective: Students will be building choreography individually as well as designing group choreography together as a unit.



Lesson Plan

Materials: Speaker or amplifier, musical selections appropriate for each age group.

Opening Activity: BUILD a Stretch Sequence- have students stand in a circle, and have each student demonstrate their favorite stretch. Notice if there are ANY parts of the body left out and demonstrate a stretch to fill in that body part. Create a sequence of stretches incorporating each student's favorite stretch, have EVERYONE go through the sequence and repeat each stretch, in order, in time together as a group. Run through the sequence 2 times.

Core Activity:

- When you PLAN the movements of a dance set to a specific piece of music, that's called choreography!
- Instruct them that they will be choreographing a dance and that EVERY student must be included in all the group 8-counts.
- Play a track of music you've selected for the members to choreograph.
- Let them determine how they want to do this before stepping in to support with leadership or ideas: some students shine in choreography while others need support.
- Have students create 4 separate 8-counts as a group.
- Once they are complete with their 4 8-counts as a group, have each student create 1 8-count individually. At the end of the class they will perform their solo 8-counts and their group 8-counts together as one dance.

Reflection: What challenges did you face in designing the group choreography? Is it easier to choreograph for just yourself- why or why not? Lead a cool down for making sure all members are transitioning from the dance activity safely.