

Title: URBAN DANCE WORKSHOP

Grade Level: K-5

Objective: Students will be LEARNING choreography individually as well as PRACTICING group choreography together as a unit.



Lesson Plan

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

Opening Activity: Warm up around the room: lead a group warm up making sure to address the specific body parts that are going to be utilized in that day's choreography. Stretch and warm up the entire body, head to toe.

Core Activity:

- Start by having students run through the previous class session's dance, so that students who may have missed a class can see what movements they need to learn to make up their absence.
- Demonstrate the full counts of choreography that you are adding to the dance.
- If there are changes in formation, make sure to call out those group movements as you demonstrate.
- Run through the new choreography yourself, TWO TIMES.
- After each run through, allow space for students to ask questions. Then, when the demonstrations are complete, break down the 8-counts slowly with students following along to pick up the new choreography.
- Have them practice each component at least 4 times before adding on.
- At the end of the session, have students ADD the new choreography onto the previous dance and perform the entire dance from the start with the material added in, at least 2 times.
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Reflection: Have students reflect on the direction of the dance. What is the difference you can bring when dancing this piece FULL OUT? How can you show your personality through these movements, even if you aren't 100% comfortable with them yet? Lead a cool down for making sure all members are transitioning from the dance activity safely.