

Day 7 - Lesson Plan on Energy (Smooth, Sharp, Shaky)

Target Audience: 3-5 (Pre-K)

Space: gym or classroom

Length of Time: 20 minutes

Materials: drum and stick, CD player, see music and prop list below

In classroom

Hello Neighbor song, with gestures and butterfly hands. – **2 minutes**

<u>Warm Up</u>	<u>Duration</u>	<u>Music</u>
Stretch, Bend, Twist, Circle, Swing	3 min	AlphaBeat #3-6

Today, teach the 2nd half of the “Stretch” with ‘belly buttons turned sideways’ doing a side stretch on both sides after the big circles. This means no change to facing forward until Head Circles.

<u>Introduce the Concept</u>	<u>Duration</u>
Energy	3 minute

With visual support – Letter “S” and letter blends “sh” and “sm” as teach smooth, sharp and shaky

Practice with DRUMTALK. What does each thing mean? What energy does each thing have? (Shake = shaky; melt = smooth, pop = sharp, freeze = sharp)

<u>Explore the Concept</u>	<u>Duration</u>	<u>Music</u>
Popcorn & Melted Butter	6 minutes	Songs for Dancing #16

With visual supports

See Songs for Dancing booklet for more ideas.

Reflection: When we popped, were we sharp or smooth? When we were melted butter were we sharp or smooth? Etc.

<u>Review activity-in the classroom</u>	<u>Duration</u>	<u>Music</u>	<u>Prop</u>
Do Your Own Dance	3 min	Brain Bop #10	yoga dot

Copy individuals in the center, who go in one by one. Use the dot to define the “self space stay spot.” Ask for smooth, shaky, sharp and swiny (new idea!) dances.

<u>Review activity-in the gross motor room</u>	<u>Duration</u>	<u>Music</u>
Little Birdies	4 min.	Songs for Dancing #19

<u>Activity</u>	<u>Duration</u>	<u>Music</u>
Resting/Closure	3 minutes	Songs for Dancing #38

Can do this from “Mountain Breathing” if no time to lie down.

Review concept of the day.