

Dance 3-5 (Lesson Plan 2)

Teacher: *Toria Talbott*

Music options:

Song	Artist	Link
Dog Days Are Over	Florence + The Machine	https://www.youtube.com/watch?v=ny4deVFfYuo
Riptide	Vance Joy	https://www.youtube.com/watch?v=MsTWpbR_TVE
I Gotta Feeling	The Black Eyed Peas	https://www.youtube.com/watch?v=CwdrtwZiQ9E
Who Says	Selena Gomez	https://www.youtube.com/watch?v=akaRg5C1VO8
Just The Way Your Are	Bruno Marz	https://www.youtube.com/watch?v=GAd4ltXHBVE
I'm Yours	Jason Mraz	https://www.youtube.com/watch?v=RILP53OR63k
Girl On Fire	Alicia Keys	https://www.youtube.com/watch?v=nprTYwnauZw
On Top Of The World	Imagine Dragons	https://www.youtube.com/watch?v=g8PrTzLaLHc
Our Generation	John Legend	https://www.youtube.com/watch?v=atZ3DGhUWKU
Love Generation	Bob Sinclar	https://www.youtube.com/watch?v=pE9GzqxBQdo

- ★ Before you start, turn on some fun and upbeat music. (option to use suggested music from the list above)

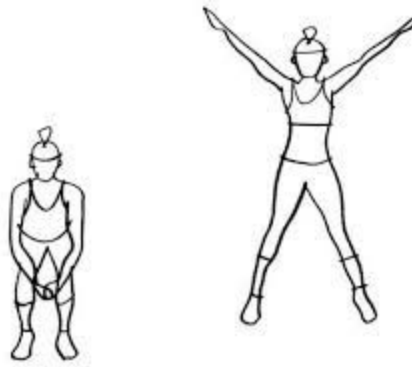
1. Cardio Warm-Up:

- 1.1. Side Lunge: Keeping your arms in front of you stand with your leg wide to the side. Bend one leg and keep one leg straight, then shift your weight from one leg to the other. Count to 30 out loud.



1.1.1.

- 1.1.2. Star Jumps: Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large "X" in the air. Do this 20 times.

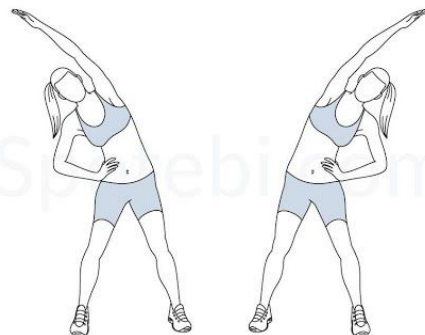


1.1.2.1.

★ *Grab a quick drink of water. It is always important to stay hydrated while performing a physical activity.*

2. Stretches:

- 2.1. Side Stretch: Stand with your legs apart placing one hand on your hip and the other straight up. Reach the arm that is straight to the opposite side creating a side curve. Hold stretch for 20 seconds on both sides. (As shown in the diagram below)



2.1.1.

- 2.1.2. Downward dog: Try to keep your heels on the ground and your knees straight. (as shown in diagram)

How to Down Dog



2.1.2.1.

2.1.3. Triangle Pose: Stand with your feet wider than your hips, your right toes facing forward, and your left toes out at a slight angle. Hinge at your right hip as you extend your right fingers forward. Lengthen your spine as you engage your core and lower back muscles. (as shown in the diagram below)

2.1.3.1. Hold this position for 30 seconds. Repeat on the other side.

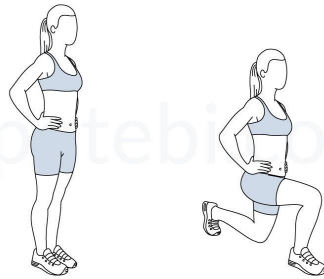


2.1.3.2.

3. Conditioning:

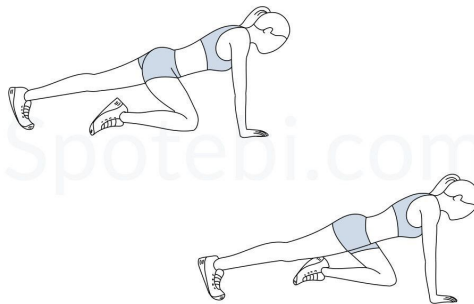
3.1. Lunge Walk: Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes. (as shown in the diagram below) For an extra challenge hold weights (or cans of food) in each hand as you move around.

- ★ For fun, move around the space you have available and try to stay to the beat of the music.



3.1.1.

- 3.1.2. Mountain Climbers: Get into a push-up position and then alternate bringing your knee to your elbow. You can do the same side connections or crisscross. The idea is to move fast and work up a sweat! (Try to do 45 seconds - 1 minute or challenge yourself to do more!)



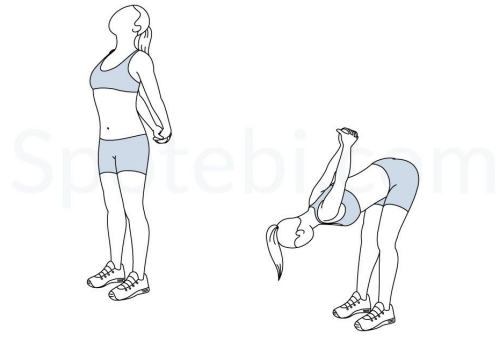
3.1.2.1.

4. Choreography:

- 4.1. Optional instructional dance video:
<https://www.youtube.com/watch?v=JWTyO8npgOQ>

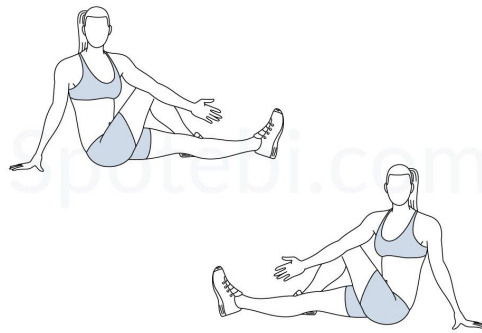
5. Cool-down Stretch:

- 5.1. Forward Shoulder Stretch: Stand in an upright position and grab your hands behind your back knitting your fingers together. Gently lean forward at the hips lifting your hands up until you feel a stretch in your biceps and shoulders. (as shown in the diagram below)



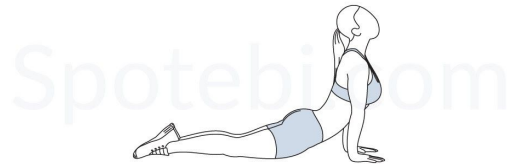
5.1.1.

- 5.2. Sitting Side Twist: Make your way to a seated position. Keep one leg straight and cross your opposite foot over the straight knee. Gently twist your upper body to the side (as shown in the diagram below).



5.2.1.

- 5.3. Cobra: Roll over onto your stomach and place your hands under your shoulders. Gently press up into a cobra position. Hold for 30 seconds.



5.3.1.